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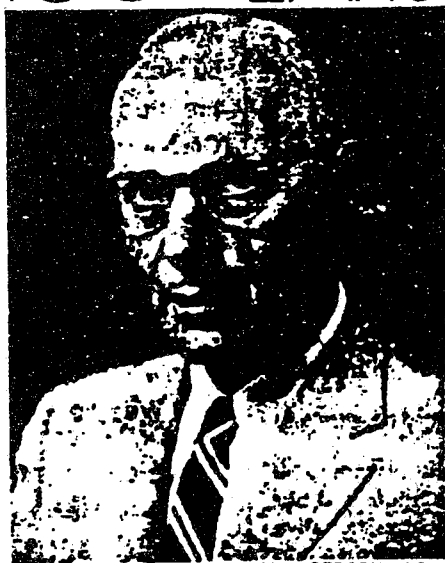
# HEALING



JOURNAL OF THE GERSON INSTITUTE &amp; THE GERSON THERAPY VOL.1 NO.1 FALL, 1981 \$1.50

HEALING 'INCURABLES'

100 YEARS



MAX GERSON, M.D.

October 18, 1981 marks the 100th anniversary of Max Gerson, M.D. — The famous physician, researcher, and scientist who developed the natural healing therapy, that has healed thousands of people of most kinds of "incurable" diseases.

Nobel prize humanitarian Dr. Albert Schweitzer stated: "... I see in Dr. Max Gerson one of the most eminent geniuses in medical history."

## OPEN INVITATION

We celebrate Dr. Max Gerson's centennial and we ask you — our friends, recovered patients, the public physicians and medical students — to join us in this celebration with:

- **A NATURAL HEALING CONVENTION**  
Oct. 17th and 18th in San Diego, California.
- **50 HEALED 'INCURABLES'**  
50 of the thousands who have recovered, some for more than 35 years, from so-called "incurable" diseases.
- **20 NATURAL HEALING EXPERTS**  
Will lecture on the Gerson Therapy, Laetrile, Sunlight, Immunology, Sodium-Potassium balance, Acid-Alkaline balance, DMSO, Raw Juices, Enzymes, Wheatgrass, Organic Farming, Healing Clays, Edgar Cayce and more.
- **100 PLUS HEALTH EXHIBITS**
- **SALUTE TO MEXICO**  
for its open mind to natural healing thereby saving the lives of thousands of "terminal" patients.
- **GERSON INSTITUTE RESEARCH PROGRAMS**



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# HEALING

JOURNAL OF THE GERSON INSTITUTE & THE GERSON THERAPY VOL. 1 NO. 1 FALL, 1981

## THE GERSON INSTITUTE

### Purposes

The Gerson Institute is a non-profit charitable organization for education and research.

The Institute teaches methods for healing and preventing disease, particularly the so called 'incurable' diseases. These 'incurable' diseases include all of the major killing and crippling diseases for which orthodox medicine has a 0% cure rate.

In order to prove repeatedly that these nutritional and natural healing methods do indeed heal 'incurable' diseases, the Institute publicly presents increasing hundreds of healed 'incurables'. Each healed 'incurable' has medical documents to prove that he had the 'incurable' disease from which he was healed.

The Institute teaches that these same natural methods would heal and prevent these same 'incurable' diseases in hundreds of millions of other people all over the world. The Institute supports research to more effectively heal and prevent disease.

The Institute invites legislators, physicians, medical students, and the media to attend the public presentations of healed 'incurables' and to visit Gerson Therapy hospitals to watch hopeless patients actually recovering from diseases the medical schools teach are incurable and to see the amazing results of the natural nutritional healing therapy the medical schools have taught is quackery.

The Institute will work for laws in each state that permit physicians and hospitals to heal 'incurable' diseases.

In spite of some depressing aspects in our civilization, we of the Institute want to be happy, pleasant people with a trusting, optimistic attitude toward the future and our fellow men. We restrain tendencies to feel anger, hate or rage, because negative emotions are destructive. With negative emotions we could not be effective in reaching our major goal — to achieve a happy, healthy, long, productive life for everyone who wants it and to create a happy society on earth.

However, "Eternal vigilance is the price of freedom."

Therefore, the Institute opposes those influences, people and organizations which for half a century have maintained the present ineffective methods for treating 'incurable' diseases — at great profit to themselves (more than 30 million dollars daily for cancer in the U.S. alone). Sometimes powerful vested interests will use any means at their disposal to enforce their control.

The Gerson Institute DOES NOT SELL OR OTHERWISE DISTRIBUTE ANY SUBSTANCE OR DEVICE FOR HEALING OR PREVENTING ANY DISEASE. The Institute DOES NOT OWN OR OPERATE ANY HOSPITAL. The Institute provides ONLY information and educational materials.

ONLY in this way does our U.S. Constitution guarantee our freedom of speech and press. These guarantees allow us to talk and write about effective healing methods.

HEALING, the Journal of the Gerson Institute and the Gerson Therapy, is the principal means of communicating regularly with all interested people. It is a goal of the Institute to get at least one copy of HEALING into every home in the United States.

HEALING is available either by single copy (see the book and tape list) or by membership (see the membership application). If you received this issue as a sample copy, you are unlikely to receive another unless the Institute hears from you.

The income of the Gerson Institute comes only from teaching, and from contributions.

Join us in our exciting work to help you, your family and your fellow man by:

1. Becoming a subscribing or contributing member
2. Informing yourself through our books and tapes
3. Attending our convention
4. Contributing to our research and teaching programs

HELP US . . . HELP YOU . . . HELP OTHERS.

### Goals

### Activities

### IN THIS ISSUE

Purposes, Goals, Activities	
Invitation to Adventure	
Message from Charlotte	
50 Healed 'Incurables'	
Emotions	
On Natural Living, Health and Disease, Healing and the Gerson Therapy	
On Natural Living	
On Health and Disease	
On Healing	
On The Gerson Therapy	
This Was Your Life, Dr. Gerson	
Research Programs	7
Salute to Mexico	8
Communications	10
Convention Speakers	17
Convention Program	12
Tribute from Albert Schweitzer	19
Tribute from London	20
The Genial Seed	20
Books and Tapes	21
Memberships & Contributions	22
Convention Registration	Back page

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2

## INVITATION TO ADVENTURE

We ask and invite you to join us in the most exciting adventure of our lives. This adventure is a matter of life or death for you, your loved ones, your friends, your society, and for mankind— for the present generation and for future generations.

This is the adventure of healing and preventing 'incurable' diseases — all of the major killing and crippling so-called incurable diseases in today's societies worldwide — and of teaching the methods of healing and preventing 'incurable' diseases.

The principles of healing and preventing disease are natural principles and, once you understand them, make good common sense. The methods developed for healing and preventing the incurable diseases are close to nature and follow natural healing principles.

These natural healing methods are not just theory. They are backed up by results — the only thing that counts — by thousands of patients who have recovered from many kinds of so-called incurable diseases.

You— the public, the media, physicians, legislators and medical students — are urged and invited to attend the in-person public presentation of 50 HEALED 'INCURABLES' at the San Diego Convention and Performing Arts Center on October 17 & 18, 1981. These healed incurables have been healed for up to 40 years from a wide variety of incurable diseases — diseases that have 0% cure rate if they receive only the orthodox medical methods of drugs, surgery or radiation.

### Message From Charlotte

I am proud and happy to say that every time a patient recovers, is relieved of pain and despair, I feel that Dr. Gerson is reaching out beyond the grave with his healing hand and spirit. But that is not enough. The work must go on, as he stated in his book, *A CANCER THERAPY*. If he were here, he would continue to research and investigate, to add and renew. We invite you to participate in the work of the Gerson Institute and in the 100th anniversary celebration. With your help, we can realize our hopes and plans for the future, to:

- Expand research into many new areas which have opened up.
- Teach health professionals the basic concepts of the Gerson Therapy.
- Lecture and teach nutrition and prevention to the public.
- Teach the principles of infant health.
- Teach the importance of whole plants for organic nutrition.

Another plan for the future is to set up a Gerson University for serious students of Natural Healing. The future doctor must be a healer, not a drug user and mutilator of the human body.

Much evidence is available that violence and crime is related to over-consumption of sugar and other processed, devitalized foods. With better understanding of nutrition, one of the most oppressing social problems, - the increase of crime - could easily be solved. Let us nourish our youngsters to become healthy, happy citizens and thus prevent crime instead of building more jails and expanding the judicial systems. We need to solve the underlying problems, not treat the symptoms, in this respect as in all other health matters.

This is a message of hope and faith - hope for the ill and suffering that help is available, and faith for better living in enjoyment and productivity. In Dr. Gerson's words "Study the ways of nature - its eternal laws will keep you."

With this new Healing Journal, we will keep Healing Information coming your way!

Caringly,  
Charlotte Gerson



**NORMAN FRITZ**, Executive Vice-President of the Gerson Institute. Editor of *HEALING* — the Gerson Journal, Vice-Pres. Cancer Control Society, Past President of Cancer Victims and Friends. Changed career in 1976 from aerospace design engineer (worked on space shuttle) to create the Gerson Institute and get physicians and the public trained in using the Gerson Therapy to heal and prevent 'incurable' diseases. Planned and coordinated the convention. Master of Ceremonies

**CHARLOTTE GERSON**, President of the Gerson Institute, was born in Germany and had her early schooling there. She completed her schooling in Austria, France, England and the U.S. She helped translate her father's writings, sometimes managed his clinics and joined him in his rounds. She lectures widely. She speaks on *Healing 'Incurables': the Gerson Therapy and Total Health from Conception through Old Age*. She presents the 50 HEALED 'INCURABLES'.



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3

# FIFTY HEALED



**GAR HILDENBRAND, 29. Systemic Lupus**  
Orthopedic surgery and repeated X-rays from age 3 months for birth defect (short tendons). Had constant sinus trouble. Began anti-histamines at 14. More infections, steady nasal spray use. In 1970 felt ill, given cortisone. Caused liver trouble, jaundice. 2 months of more drugs and prednisone. Mononucleosis, pneumonia in 1973. In 1977 ulcers on hands, elbows, shoulders, face, groin, feet. May 1978 lupus erythematosus diagnosed. Unable to move fingers without wide cracks opening in joints. Began Gerson Therapy. In 3 weeks, all ulcers closed. All diseases now cured. He's active, working. In good condition.



**BILL GOERDES, 85. Spine Fused By Rheumatoid Arthritis**  
1941, X-rays at New York Presbyterian Medical Center showed spine fused from neck to coccyx with rheumatoid arthritis. Doctors said they could do nothing. Also, he had bleeding stomach ulcers. Started Gerson Therapy in October, 1941. Ulcers gone after 6 weeks. Went back to light work after 7 1/2 months; total health restored after 14 months when he took up heavy duties. At that time also infected gums were healed.

Now travels, dances, cooks, bakes, reported three girl friends in 1980.



**Mary L. and Martha A. Ormesher (identical twins), 19. Takayasu's Arteritis (Pulseless Disease).**  
Started with Mary. In October 1978, at age 16, infection, flu, diarrhea, severe headaches, pain on breathing, extreme chest pains, sad rate rising. Dr. Johnson could not find blood pressure or

pulse in right arm. Diagnosis: Takayasu's arteritis (pulseless disease). In February 1979, Mayo Clinic confirmed diagnosis. Mary given prednisone. Dr. Roland E. Johnson (Diplomate of the American Board of Internal Medicine) states: This is a uniformly malignant and fatal arteritis. A few months later, twin Martha developed same symptoms and was similarly diagnosed.

Parents unsatisfied with prednisone therapy; started Mary on Gerson Therapy June 1980. Martha started August 1980 after her diagnosis. Both girls improving with metabolic therapy, including adjustments, herbs, etc. Sed rate generally normal, pulse in most arteries now normal, others steady improvement; bruits (arterial sounds) mostly gone. Girls active again in sports.



**ERIC GOODMAN, 65. Recurring Cancer, Heart Fibrillation, Arthritis**

Malignant skin cancer removed 1967. July 1975, pain in palate, more cancer, biopsy: adenocarcinoma. Refused removal of jaw & roof of mouth. Had severe heart fibrillation, very low energy, sinus headaches since teens, back pain from arthritis, sleeplessness for years, hemorrhoids. Started Gerson Therapy Aug. 1975. Heart became normal without drugs, now good condition, sleeps well, good energy, no sinus headaches, backaches or hemorrhoids.



**CHRIS MATESEN, 30. Ulcerative Colitis**

Diagnosed in 1974 after proctoscopy, colonoscopy. Given sulfadine, prednisone. Latter caused gain in weight, acne on back, moon face, facial redness. His doctor said diet makes no difference. Was on 60 mg prednisone - doctor urged removal of colon; refused.

Started Gerson Therapy in June, 1979. In five months, back to work, feels normal, is off all drugs, no more disturbances.



**ALLISON ROBERTS, 36. Recurring Lymphocytic Lymphoma**  
September 1979, lump on neck the size of a lemon. Surgery, biopsy showed lymphocytic lymphoma. Chemotherapy recommended, refused. Jan. 1980, another lump (1x1 cm) in same area; chemotherapy again recommended, refused again. April 1980 lumps to 4x4 cm. Started Gerson Therapy. By August, tumor soft and smaller, after six months, tumor gone. After 1 1/2 years on therapy, in good condition, good energy, no new lumps or masses



**BELLA ROBINSON, 80. Liver Cancer**

1974, jaundiced. Went to hospital in Portland, Oregon, where tests, liver scan & biopsy showed cancer. In Jan. 1975 she was given 3 to 5 weeks to live, her weight went down to 87 lbs. Sent home in severe pain, heavily drugged, in semi-coma. Started Gerson Therapy. In 3 months she was able to leave her bed, no more drugs, no more pain. Has regained her normal 115 lbs. weight, is active, works 5 days a week, loves to travel.

Many people and physicians simply find it impossible to believe that any 'incurable' disease can be healed by any natural healing method such as the Gerson Therapy. They want to believe their orthodox medical doctors and organized medicine and their cooperating government agencies who call nutritional therapies and natural healing methods quackery.

Because of this utter disbelief, the Gerson Institute frequently presents, to the public, groups of people who were healed by the Gerson Therapy of different so-called 'incurable' diseases. Each such 'healed incurable' has medical records to document his case. A few cases not yet healed but who have responded dramatically are sometimes included.

The 50 Healed 'Incurables' being presented in this 2 day convention is the largest such public presentation so far arranged by the Gerson Institute.

The Gerson Institute hereby publicly challenges the medical establishment to present a like number of healed 'incurables' by their methods — or even one half as many. Since they call these diseases incurable, it is highly unlikely that they can accept the challenge.

Who are the experts? The physicians who can produce the results by presenting healed 'incurables' or the medical establishment that can produce no such results but call the successful methods quackery?

Who are the quacks?

We, at the Gerson Institute and all of the people who have been healed by the natural healing methods of the Gerson Therapy obviously talk in glowing terms about the Gerson Therapy. We know that every case of every 'incurable' disease (100% incurable by orthodoxy) cannot be healed by the Gerson Therapy. In cases very near death, we may be gratified by even a 5% long term recovery rate. In some of the early cases (such as early melanomas) we often expect a 90% long term recovery rate (long term here means a long life span into old age — not just a 5 year survival, then death).

The contrast between orthodoxy and the natural healing methods of the Gerson Therapy is illustrated by the observation of a practicing surgeon who observed the disappearance of a melanoma tumor from the foot of a 5 year old girl within 1 week "At the hospital where I work, I would have been expected to remove her leg, and it would not have saved her life."

In 'early terminal' cancers, we can expect long term recoveries in about 30% to 70% (about 50% average) of

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4

# 'INCURABLES'

these cases depending on the individual case. 'Early terminal' means shortly after the time a patient reaches the state where he has 0% chance of recovery by orthodox methods (when cancer has first spread or metastasized to 2 more more locations in the body, when cancer first begins in the liver or pancreas, etc.). As the patient's body deteriorates closer toward death, the Gerson Therapy recovery rate decreases also.

The response varies also with the disease. Usually very good results are expected with such diseases as early multiple sclerosis, systemic lupus erythematosus, and arthritis. Some diseases such as muscular dystrophy and ALS (amyotrophic lateral sclerosis) have only partial success.

The Gerson Institute expects to support more research to improve the success rate for all of the 'incurable' diseases.

Many physicians in the U.S. have healed 'incurable' diseases in themselves by using the Gerson Therapy but are afraid to use it on their patients, because they will lose their licenses and medical practice. They think it is better to help an occasional patient they can trust rather than to help no patients by losing their licenses. One California doctor said it's terrible to watch his patients die because he's prohibited by law from healing them.

Other natural healing therapies also produce many recovered patients. Dr. Ernesto Contreras will present several patients out of the hundreds who have recovered by using his Laetrile and metabolic program.

We encourage all of the natural healing therapies to publicly present more and more of their recovered patients. In this way the public can receive proof that the natural healing methods work — instead of the propaganda that healing 'incurable' diseases is quackery.

(Our expense for bringing these large numbers of healed 'incurables' together from all over the country is heavy. If you believe our work is important, please make your tax-deductible contributions to our non-profit Gerson Institute. Then we can help present hundreds more healed 'incurables' in the future and teach the public and physicians how to heal and prevent 'incurable' diseases.)

Pictures and brief case histories of these 50 Healed 'Incurables' appear throughout this Journal.

Come to the Convention and see them in person!



**WILLIAM WIPF, 82, Prostate Cancer Metastasized To Bones**  
December 1976, difficulty in urinating. Hospitalized, March 1977, prostate cancer diagnosed, bilateral lymph node involvement. Lymph node dissection followed by 36 cobalt treatments in April/May 1977. Bone scan in June 1978 shows metastases in left lower ribs (6th through 10th ribs). Testicles removed. Started Gerson Therapy in September 1979. Bone scan in March, 1981 shows no cancer anywhere in bones. Reports "he is in excellent health".



**KATIE McPHERSON, Metastasized Hodgkin's Lymphosarcoma**

January 1979, large mass discovered. Five days' testing at San Diego's Sharp Hospital and surgery confirmed Hodgkin's lymphosarcoma. Tumor had penetrated large artery, inoperable, removed spleen. Tumors had also invaded other abdominal organs. Radiation and chemotherapy were suggested, refused. Patient tried megavitamin therapy. By September, new tumors were growing on abdominal walls.

Started Gerson Therapy September, 1979. Five months later, there were no signs of cancer anywhere in her body. Most recent tests, June 1981, showed normal body functions, no cancer.



**JAMES D. CLARK, 35, Non-Healing Infections.**

After 1963 auto accident, staph infection would not heal. 13 operations, grafts would not take. Constant antibiotics & sulfa drugs ineffective. After one year in hospital, left leg amputated below knee. Continued infections, constant drugs. Developed arrhythmias, epigastric distress, confusion, headaches, lack of concentration, severe insomnia. In spite of drugs, despaired of living. Told symptoms were psychosomatic. Started Gerson Therapy February 1977, slept soundly on second night. Now functions normally without drugs, no arrhythmias or infections, no disturbances of concentration or intestinal distress. In good active health, into olympic athletic activities.



**DON LINDSETH, 45, Inoperable Brain Cancer**

1975, insomnia, anxiety, shakes, tongue and jaw spasms. 1976 six months psychotherapy, became vegetarian, temporary improvement. 1977, condition worse, severe depression, wart on stomach became dark, began growing, suspicion of melanoma. 1978, convulsions, coma, hospitalized 10 days, no diagnosis, severe liver pains, lost consciousness, hospitalized one week, no diagnosis; Feb. spasms, right side weakness; right leg numbness, aphasia, hospitalized. Two brain scans, diagnosis: brain tumor larger than golf ball in left rear center speech area. Inoperable, no biopsy possible. Refused treatments except Dilantin and Decadron. March 1978, went on Kelley Therapy. April 1978 began Gerson Therapy, off all drugs, gradual improvement, no further symptoms. Dark, growing wart disappeared in two months. Sept. 1979 brain scan showed tumor size reduced and greatly decreased in density. Jan. 1980 started working. Now 75% on Gerson Therapy. Remains well, good energy.



**JOHN ASHBAUGH, 63, Metastasized Melanoma**

March 1950, bleeding mole, biopsied, malignant melanoma. Oct. 1950, lump under right arm; arm amputated. July 1951, new tumor, biopsied: malignant spreading melanoma. New moles below left ear, coughing spells, x-rays showed cancer in lungs, black mass in sternocleidomastoid muscle and glands. Started Gerson therapy October 1951. All tumors disappeared, on therapy 2 years, remains active, no cancer recurrence in 30 years.



**EARL TAYLOR, 85, Metastasized Prostate Cancer**

Prostate cancer diagnosed by biopsy, 1963. Treated with female hormones. In 1966, mass spreading to groin, much pain, told to go home and get his affairs in order. At age 70, started Gerson Therapy. In one month, mass no longer palpable by physician. In 1980, accident caused rib fracture. Bone scan showed no sign of cancer. Remains in good condition, still working part time at 85.



**MARGIE LEMLY, Heart Disease, Emphysema**

April 1976 heart attack, nervous breakdown, sharp chest pains, on oxygen, unable to move, extreme breathing difficulties. Doctors prescribed digitalis and nitroglycerine, Valium, Enderol - all refused. Emphysema diagnosed, constantly on oxygen, diarrhea, bedfast. High protein diet made her sicker, lost weight to 78 lbs. Started Gerson Therapy October 1979. Now 100 lbs., feels well, chest free, heart fine, good energy.

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5

## Emotions

If it's good therapy to shed tears of joy for humans struggling and winning against 'hopeless' diseases, then you can have lots of good therapy by coming to the Gerson Therapy Natural Healing Convention.

Dr. Gerson's story — *This Was Your Life, Dr. Gerson* — is a poignant drama that few people are ever privileged to equal.

Perhaps Earl Taylor's story can be selected from among many other case histories as an example of the nobility of the human spirit and the will to overcome seemingly impossible obstacles. Earl's brief story as one of the 50 Healed 'Incurables' is on page 4.

Fifteen years ago at age 70 Earl Taylor of Cairo, Illinois, was sent home to die by his doctor. Earl had prostate cancer which was spreading extensively as a large mass in the groin in spite of the hormones his doctor had been giving him. His doctor told him to get his affairs in order as there was nothing that could be done to save him.



EARL TAYLOR

Earl had read about Dr. Gerson and the Gerson Therapy in Prevention magazine. He contacted Dr. Gerson's daughter in New York. She sent him Dr. Gerson's book *A Cancer Therapy — Results of 50 Cases*. Earl had completed the sixth grade as a boy and spent all of his life working in a junk yard. He called Dr. Gerson's daughter again and told her that he couldn't understand the book. She suggested that he just follow the treatment outline on page 235 in the book. (page 236 in the latest edition, now gives an hourly schedule).

Earl said it was the hardest thing he ever did in his life. His wife had died years before, so he was all alone. (The Institute tells people they should have help with the therapy to have the best chance of winning).

Earl was in pain and the easiest thing to do was to stay in bed, but he thought "If I do that, I'll just die", so he forced himself out of bed to grind and press the hourly raw juices and to do the rest of the therapy. Soon the pain was gone. In a month his doctor could no longer feel any of the large mass.

In a few months he felt well enough to go each day to help his friend Gwinn Dunbar, who was dying of cancer spread through both lungs. Both patients recovered on the Gerson Therapy and are still alive 15 years after being hopeless.

(408)

## ON NATURAL LIVING HEALTH AND DISEASE HEALING and the GERSON THERAPY

by Norman Fritz

*Stay Close to Nature, and Its Eternal Laws Will Protect You*

on Natural Living

Max Gerson, M. D.

Every living creature down through the ages has lived, thrived and reproduced generation after generation on those foods on the earth and in those environments that were natural for its species — truly natural, organic living for each species.

In recent centuries, particularly in recent decades, man has poisoned the food, water, and environment with tens of thousands of chemicals and other adverse influences. More than 10,000 are presently approved by the F.D.A. as additives in foods. The more each species deviates from its natural way of living, the more likely it becomes that that species will become sick and die. The greater the deviation, the more that species suffers. When the deviation from the natural way of living becomes great enough for a species, that species will perish. Each species has some capacity to adapt to some deviation but that capacity is quite limited.

Primitive peoples living close to nature have had none or very few of the major killing and crippling diseases of today. The Hunzas are a good example of such people. Dr. Weston Price's study in the 1930's is classic.

Heart and circulatory diseases account for more than 50% of today's death rate. The first death due to heart attack was not recorded until after 1900. At that time cancer deaths were uncommon and cancer deaths among children were unknown. Today cancer is the leading disease causing death in children and teenagers, and accounts for 17% of the death rate for all people in the U.S.

When men or animals deteriorate physically, then irritability and unrest and anti-social behavior increase. Sick brains occur with sick bodies. Tests have shown that when people or

animals return to natural ways of living, they become happy, social creatures without mental disease in nearly all instances. Then they approach the happiness and mental and emotional stability and physical well being of primitive peoples and animals living in their natural states.

Animal tests have shown that if deterioration continues through too many generations, the species will take more than one generation to recover to its natural state (Dr. Pottenger's work).

"The children shall suffer unto the fourth and fifth generation for the sins of their ancestors," say the scriptures.

In these paragraphs lies the bright promise for all of us and our children in all societies over the world — for healing and preventing physical, mental and emotional ills by natural, unpoisoned, organic living — and in more serious cases by the Gerson Natural Healing Therapy or other Natural Healing Therapies. This is the bright promise for changing SILENT SPRING back to JOYFUL SPRING.

You can help fulfill this bright promise by helping us deliver this message to every mailbox in the country in the form of this or similar copy of HEALING. Your conventional attendance, memberships, contributions, and book orders will help greatly.

The alternative to this bright promise is more poor food, more chemicals, more poisons, more poisoned bodies, more crime, more courts, more jails, more mental illness, more emotional illness, more doctors, more hospitals, more mental hospitals, more unrest, more unhappiness, more frustration, more despair, more wars, more rapid decay of our already seriously decayed societies. Obviously, the only people or groups who will promote this terrible alternative are those who want to exploit the people for profit or other ulterior motives.

cont'd page 9

Is it possible that an 85-year-old man with a sixth grade education, who has worked all of his life in a junk yard, knows more about healing 'incurable' cancers, than all the surgeons, radiologists and chemotherapists?

If we compare only by results, then the expert is the man who knows how to heal 'incurable' cancers.



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This tribute is to the life of the physician who personally or through his teachings healed and continues to heal thousands of patients of a wide variety of so-called incurable diseases including all of the major killing and crippling diseases of today. Tens of millions — even hundreds of millions — of people can heal or better yet, prevent these 'incurable' diseases by applying the understanding and methods developed by Max Gerson, M.D., during his lifetime.

The remainder of this tribute is presented in shaded and unshaded texts. The shaded text is by Gerson himself, as written with its Germanic flavor, for his 'curriculum vitae'. It is professional and scientific as Gerson wanted it to be and almost devoid of reference to his personal life and struggles. The unshaded portions are inserts by your editor to give some insights into Dr. Gerson's life and some factors that influenced that life. The intent of the Gerson Institute is primarily to emphasize the methods and approach developed by this man to heal and prevent disease — and not to idolize the man instead of his teachings. After all, millions of other people have experienced soul-searing emotional traumas. Very few people, however, during their lifetimes accomplish as much for mankind in the face of as much adversity as did Dr. Gerson. A biography of Dr. Gerson is in preparation but will not be completed in the near future.

Max Gerson was born October 18, 1881, in Wrongrowitz, Germany (later Poland), the third in a family of three boys and six girls. His father, Bernhard, and his father's father were seed merchants. Generations of the family had lived in the area before them.

As a baby, Max was severely burned when a nurse sat him on a hot wood cook stove (she thought it was cold).

In his early years of 6 and 7, he experimented on his mother's flowers by filtering sunlight through colored glass and by putting various substances in the soil. He killed many flowers in this way. About thirty years later, in Breslau, he bought the finest Dutch roses and, with more science and understanding, changed the soil and used prisms to change the sunlight. Thus he produced startling green roses with red leaves.

His Latin teacher, angered at Max's poor performance and lack of homework, said "I'll personally see to it that you'll never graduate from this class." Max answered "We'll see about that." He studied all day and much of the night for most of his summer vacation, then passed all of the Latin tests with perfect scores.

## THIS WAS YOUR LIFE, DR. GERSON

by Norman Fritz



Max Gerson, M.D.

At age 19 (1900-1901) for his graduation tests from gymnasium (equivalent to first two years of college), he wrote a totally new approach to a mathematics problem. His teacher could not evaluate Max's approach so he referred it to the University of Berlin. A mathematics professor there declared it to be original thinking from a mathematical genius who should be directed into higher mathematical studies. Max, however, planned a medical career for himself.

While in medical school in Berlin, Max Gerson earned extra income as a music critic for a Berlin newspaper. On his rare free days, he enjoyed skiing in the Carpathian Mountains near Breslau.

"Upon completion of preliminary schooling I attended the Universities of Breslau, Wuerzburg, Berlin and Freiburg (1901-1906). After the state board (medical examinations) I spent my clinical year in Hoechst-on-the-Main and in Berlin under the direction of Prof. Albert Fraenkel with whom I continued my work as assistant until 1909. Then followed four and a half years of activity in Berlin at the hospital in Friedrichshain, with Prof. B. Kroenig (Internal medicine), and Prof. Boruttau (physiological chemistry) and a short time at the children's clinic with Prof. Minkowski (until 1914)."

During this period fish poisoning almost killed him, leaving him with heart problems including a damaged heart valve.

On another occasion contact with a high voltage X-ray electrical wire paralyzed him for 2 days. He was considering how he could commit

suicide to avoid a life of complete paralysis when 'miraculously', as though other brain circuits began functioning, the paralysis completely disappeared.

Most important, however, as far as his later development of the Gerson Therapy was concerned, was that Max Gerson had very severe migraine headaches. Sometimes for days at a time he was unable to function as a medical doctor in the hospitals where he worked. He had to stay in a darkened room to try to relieve the nausea and pain in his head and eyes. None of his medical doctor associates or medical school professors knew how to heal the migraines. Migraines were 'incurable'.

In 1910 he found a book in Italian by a medical doctor who said some migraines were relieved by a fresh fruit and vegetable diet and others by a milk diet. Dr. Gerson tried the milk diet but it didn't help.

Later he tried the fresh fruit and vegetable diet. Apples were plentiful in Germany. He tried them in all forms, raw and cooked. His migraines were relieved. By experimenting on his own migraine sensitive body, he found he could tolerate most fresh or freshly cooked vegetables and fruits. He also found that if he used salt or various other detrimental substances or certain poorly prepared foods, his migraines returned very quickly, sometimes in half an hour.

"Following this I spent four and a half years with the prominent neurologist, Otfried Foerster, Breslau, with an interruption of a year and a half war-service."

During Dr. Gerson's World War I military service with Foerster, they were both severely poisoned by a disinfecting iodine solution mixed much too strong by a pharmacist. As a result, Dr. Gerson lost much of his sense of smell and taste for life.

On Nov. 20, 1916, Max Gerson at age 35 married Margaret Hope whose ancestors had lived in Westphalia, Germany, for over 300 years. She was very proud of her husband in his German medical officer's uniform.

Daughter Johanna was born August 8, 1917, Gertrude, Oct. 12, 1918, and Charlotte, Mar. 27, 1922.

"After the first World War, I established myself in Bielefeld as a specialist in internal and nervous diseases."

Occasionally migraine patients came to him. He told them what he had done to relieve his own migraines. Those who tried his 'migraine diet' got relief also.



**DORA SHERKEN, 79, Exceptionally Large Adenoma of Pituitary Gland, Case # 1 in A Cancer Therapy** in 1942, occasional dizziness, weakness, irritability, depression. Developed severe headaches, finally she fell and lost consciousness. Adenoma diagnosed at Mount Sinai Hospital. Findings were erosion of the walls surrounding the pituitary, right optic nerve destroyed, right eye blind; left optic nerve partially destroyed. Patient was brought to Dr. Gerson by ambulance, unconscious, March 1944. Her family spoon fed her raw juices a few drops at a time night and day for the first week until she regained consciousness. After two months on Gerson Therapy she was doing her own housework, eyesight improved sufficiently so she could do her husband's secretarial work. Two CAT scans of head in 1980 show bones and pituitary clear of any growth. She travels and remains in good health 37 years after being terminally ill with advanced cancer.



**GEORGE GIMSON, 61, Inoperable Brain Cancer Case No. 35 in A Cancer Therapy - Presented by Dr. Gerson to 1948 U.S. Senate Committee.** 1938, wart on neck grew, became ulcer. Entered Army despite ulcer. Biopsied Aug. 1944 at Ft. Riley: basal cell carcinoma. Surgery removed cancer behind right mastoid. In April 1945 large lump recurred at right mastoid. At Denver's Fitzsimmons Hospital Sept. 1945, X-ray treatment impossible because of brain proximity. Sent home without treatment. Oct. 1945, to Dr. Gerson. Left eye closed, right eye barely open from face and neck swelling. Dizzy, lost equilibrium. Came in crying from severe pain, supported by 2 men. X-rays showed fist-sized tumor at base of skull growing into brain. Tumor almost gone in 4 weeks. Hand circulation back in 4 months. In 6 months strength returned to legs, walked again normally. Began light work in July 1948. In April 1948, back to regular job as longshoreman. Remains well 36 years later.

(410)

7

In 1920 came the next big step in the enlightenment of Max Gerson about healing. A man came to his office in Bielefeld seeking relief from his migraines. Dr. Gerson as usual told his new patient about the 'migraine diet'. In a few weeks the man returned to report that the diet solved his migraine problems. **NOT ONLY THAT — HIS LUPUS WAS ALSO GOING AWAY.** Dr. Gerson expressed disbelief to his patient. After all, lupus—lupus vulgaris or tuberculosis of the skin—was an incurable disease as 'everybody knows', and the migraine diet could have no effect on lupus. The man insisted, however, on showing the doctor his healing tuberculosis lesions. Dr. Gerson had been trained in orthodox medicine and was guilty of the same error that has permeated much of orthodox medical thinking — that there must be a specific cure for each disease. With his observation that the man's lupus and migraines were in fact both healing on the migraine diet came the first glimmers of the idea that perhaps the diet was restoring the ability of the body to heal itself of various diseases. The patient referred many other hopeless lupus patients to Dr. Gerson. They recovered also. Dr. Gerson found that some patients with arthritis and other 'incurable' diseases also recovered on his 'migraine diet'.

In spite of his awakening understanding of health and healing, Dr. Gerson did not stop smoking the cigars he liked until 1921 when nicotine poisoning temporarily paralyzed his right arm. Many doctors learned to smoke to block the stench during autopsies.

Dr. Gerson's success with lupus brought him to the attention of Ferdinand Sauerbruch, M.D., one of Germany's and Europe's authorities on lung tuberculosis. Sauerbruch arranged a grand test for using Gerson's diet therapy on 450 'incurable' lupus patients. 446 recovered, a success rate exceeding 99%! In one stroke, 'incurable' lupus was proved curable by diet therapy. Much of this drama is reported in Sauerbruch's biography *Master Surgeon* and also in *Has Dr. Max Gerson a True Cancer Cure?* (see book list).

With his proven success over lupus, Dr. Gerson thought he might receive the Nobel Prize. After all, the scientist who discovered the cause of lupus received the Nobel Prize.

One should not underestimate the power and influence of the Establishment Opposition to Progress, particularly if the Establishment receives more income by maintaining the status quo.

Thus, Gerson, instead of being called to receive a Nobel Prize, was called before a court to defend himself against charges of transgressing his specialty — the 'internal and nervous diseases' on his shingle did not include skin diseases such as lupus. Fortunately the court's presiding official was objective. When each of Gerson's accusers answered "no" to the question "Can you cure lupus?", the official said "Then why don't you let this man (Gerson) cure lupus?". After that Dr. Gerson removed his specialty shingle and became a general practitioner.

Now the Establishment Opposition to Progress has made itself more invulnerable against the defense that a new therapy might cure an 'incurable' disease. In the U.S. and other areas in the world, malpractice law is based on whether a treatment is accepted in the community and NOT on whether it gets results. Thus the Establishment usually permits change only on their terms. A recent example of such suppression is that Jonas Salk will never receive the Nobel prize for developing the first vaccine proved effective against polio. All

## RESEARCH PROGRAMS

Research programs planned by the Gerson Institute as our public support grows (some programs already under way) include a wide range of projects.

Research into intensive organic gardening indicates that a person can grow almost all of his own food at less cost and better quality (fresher and no poisons on or in plants) than can possibly be supplied commercially. All this appears possible in most seasons in most climates in less area than 4 or 5 automobiles would occupy. Personnel, demonstration plots to develop and prove the methods, and books, this Journal, and video tapes to communicate the knowledge to the public are all required.

Programs are needed to teach, develop, and effectively communicate methods of food preparation for Gerson patients.

Programs are needed to better document Gerson Therapy methods and patient recoveries. This Journal, books, and audio and video tapes are planned. For example, time lapse movies of tumors disappearing like Walt Disney's flowers opening up in fast motion while you watch will be impressive. This requires personnel to take several pictures daily for many days of many patients, then to put the photos together.

Better and more complete methods of testing and monitoring patients need to be used and developed. The testing methods currently available in many respects do not equal those used by Gerson half a century ago on his tuberculosis patients in Germany.

Programs to thoroughly demonstrate the effectiveness of the Gerson Therapy to heal patients of 'incurable' diseases are needed. Just as Gerson in the 1920's proved more than a 99% ability to heal 'incurable' lupus vulgaris (skin TB) patients, we need to prove on say 100 multiple sclerosis patients or 100 systemic lupus erythematosus patients, for example, just how effective the Gerson Therapy is.

Since the progress of medical science in the United States toward healing the 'incurable' diseases is rigidly blocked in a legal straight-jacket — at least until laws are changed — the Gerson Institute must look to other countries

where a more progressive attitude toward healing 'incurable' diseases exists.

(The Gerson Institute will work within the law for 'freedom to heal' laws that would permit any patient and any physician to use harmless substances and methods to heal or prevent 'incurable' diseases).

If the people, government, and scientific community of Mexico are receptive, the Gerson Institute hopes to fund large scale research in that country for the kind of natural healing research that is prohibited in the United States.

The funds to support such research programs can only come by tax deductible memberships and contributions to the non-profit Gerson Institute.

Funds from government tax-supported grants will not be asked for or accepted because (1) government agencies try to control the direction of research and (2) reporting requirements create huge administrative inefficiencies.

The Gerson Institute plans to use no professional fund raisers because they sometimes take 75% of the funds raised.

Our intent is to function primarily for the educational purpose for which the Institute was incorporated. We do this by our teaching, lectures, conventions, research programs, books, tapes, and especially by this Journal, HEALING.

If we communicate our message well enough and back up our message with hundreds of healed 'incurables' and demonstrate, by reports in our Journal on our research programs, that we handle public contributions responsibly and effectively — then we believe the public and our members will support us and that the Institute deserves that support.

If the response to this Journal in the form of memberships, contributions, book and tape sales, and conventions is good enough to cover the Journal cost plus our cost of operation, research programs, and service to the public — then we hope to ultimately send a sample Journal to every home in the U.S.

We ask for your support.

Please join us.

because, he used an attenuated live virus, instead of the Establishment approved killed virus approach. The American Medical Association opposed cooperation of their member physicians in giving millions of free doses of Salk vaccine to U.S. children. Meanwhile tens of thousands of U.S. children died from or were crippled by polio.

"Because of my research work in tuberculosis 1920-24, I was called to the clinic of the University of Munich by Prof. Sauerbruch with whom I worked more than three years. Upon his recommendation, the Bavarian government arranged a special department for my new treatment of tubercular diseases by means of the diet which I had gradually developed by many experiments."

When Gerson began proving success with lung tuberculosis, Sauerbruch — who had supported Gerson in his success against lupus became enraged and screamed for an hour at

Gerson. Now Gerson's success was encroaching on Sauerbruch's specialty — lung tuberculosis.

"In 1929 I was appointed to the Tuberculosis Department of the State Hospital in Kassel and in 1930 I was appointed a member of the State Board of Health by the Prussian government. In 1932 I was called to the Urban-Hospital in Berlin. There I worked with Prof. H. Zondek and received a specially established station with separate kitchen for the dietary regime of tuberculosis of the lungs. My call to this hospital was arranged with the intention of giving me a chance to prove my claim that I was able to cure the most serious cases of tuberculosis by means of this special treatment.

In order to select the suitable cases and accomplish an unbiased and accurate evidence of each case a committee of three well known physicians was formed: namely Professors Zondek, Hessmann and Freund (an internist).

cont'd page 14

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## SALUTE TO MEXICO

8

We salute the people of Mexico—the warm, gentle people and their closeness to Nature.

We salute the spirit of Mexico—the spirit of open friendliness in the people, in the government, and, particularly in our case, in the scientific and medical community and hospitals.

We salute you, Mexico, for opening your minds and hearts and hospitals to help those who had no hope and needed help now.

We salute your open-minded policy toward natural healing therapies that can save the lives of so many thousands of people.

In contrast, in our home state of California it is a most serious crime (a felony) for any loving physician to heal any hopeless dying cancer patient with any natural food or herb that the patient or the physician would like to use. Instead, the law requires the physician to use only the methods of surgery, radiation and chemotherapy that never heal such patients.

We salute all of the natural healing physicians and scientists in Mexico, represented by the 7 medical doctors from Mexico lecturing on our convention program. One of our 50 'Healed Incurables', Jesus Lechuga is also from Mexico.

We especially salute Dr. Ernesto Contreras— that compassionate physician and human being who learned years ago never to feel anger. In 1963, Cecile Hoffman of San Diego was so hopeless with advanced bone cancer that she had purchased her casket for shipping her body back to her Michigan childhood home. In Canada she began a spectacular recovery on Laetrile. Her San Diego doctor could not help because of the law. Mrs. Hoffman found Dr. Contreras through his work with charity patients. He said, "Of course, I'll give you the Laetrile if you bring it to me." And so began the largest Laetrile clinic in the world and the natural healing therapy clinics and hospitals in Mexico and many natural healing therapy groups in the U.S., including the Gerson Institute.

We also salute and welcome Dr. Demetrio Sodi-Pallares of Mexico City to our convention. He is one of the most respected medical scientists in Mexico and in the world with some 300 published articles and 11 books. His highly successful treatment for heart disease includes the high potassium, low sodium approach, similar to Dr. Gerson's successful approach for treating heart disease, cancer and other 'incurables'. Dr. Sodi-Pallares has been president of the Mexican National Academy of Medicine (equivalent to a Mexican Medical Association) and occupies the principal cardiology teaching position in the National University of Mexico Medical School. U.S. Medical Schools teach that potassium may be dangerous for heart patients.

The Gerson Institute expects to support extensive research into natural healing methods. If the people and government of Mexico are receptive, the Institute hopes to fund much of this research in Mexico because of the legal atmosphere in the U.S. that blocks research.

We salute you, Mexico  
for leadership in medical research and humanity!



**DEMETRIO SODI-PALLARES, M.D.**, author of 293 published articles, 11 books. Born in Mexico City. Degrees in Medicine & Surgery from National University of Mexico. Post Doctoral cardiology studies at Michigan and Western Reserve Universities. Currently, Head of Department of Electrocardiopathy, National Institute of Cardiology, Mexico City. Professor, Chair of Cardiovascular Medicine, Universidad Nacional Autonoma de Mexico. Past Pres., National Academy of Medicine. His lecture: *The Metabolic Treatment of Refractory Heart Failure and Angina Pectoris*.



**ERNESTO CONTRERAS, M.D.**, born in Guadalajara, Mexico; internationally famous pathologist and oncologist. Graduated as Physician and Surgeon in 1939, worked as pathologist at numerous clinics including Children's Hospital, Boston, a part of Harvard Medical School. Famous for his pioneer work with Laetrile. Founded Centro Medico Del Mar, Playas de Tijuana, Mexico. His subject: 30,000 Laetrile Case Histories with Presentation of Recovered Cancer Patients.



**COUNT ANTHONY SCHENK, M.D., Ph.D.**, born in Prague, Czechoslovakia. He has degrees in Chemistry, Medicine, Endocrinology and Biology. His scientific work also covers Tuberculosis Vaccine, Detoxification Vaccine and Arthritis Work. He is famous for his work in slowing the aging process through natural cellular rejuvenation, and is working on his own book. He will speak on *The Latest on Atherosclerosis and Aging*.



**ARTURO ROSAS, M.D.**, Surgeon and Medical Director, Hospital Del Prado, Tijuana since 1969. Graduated National University of Mexico Medical School (Mexico City) 1958. Interned, Christ's Hospital, Jersey City, N.J. Contact with Gerson Therapy physicians and patients at Hospital La Gloria for four years. Has observed during surgery that cancer had disappeared after Gerson Therapy. Subject: *My Observations on the Gerson Therapy*.



**YOLANDA FRAIRE, M.D.**, Medical Director of the Bio-Medical Center, Tijuana, Mexico. M.D. degree in 1971 from the Autonomous University of Coahuila, Mexico. Became associated with Mildred Nelson, R.N., and the Hoxsey Therapy at the Bio-Medical Center in 1973. Became Medical Director in 1975. Her subject: *The Hoxsey Therapy*.



**CURTIS HESSE, M.D.**, Physician & Medical Administrator, Hospital La Gloria near Tijuana, (Mexico) since April 1978. Undergraduate degree, Loma Linda Univ. 1976. M.D. degree, Universidad Autonoma de Guadalajara, (Mexico) Medical School, 1973. Extensive experience with the Gerson Therapy beginning 1978. With Charlotte Gerson will present some of the 50 Healed 'Incurables'. His subject: *Physiological Mechanisms of Detoxification with the Gerson Therapy*.



**ARTURO ORTUNO, M.D.**, Physician and Medical Director, Hospital La Gloria near Tijuana, Mexico. Born in Mexico of Inca Indian parents emigrated from Bolivia. M.D. degree, Universidad Autonoma de Guadalajara (Mexico) Medical School, 1973. Extensive experience with the Gerson Therapy beginning 1978. With Charlotte Gerson will present some of the 50 Healed 'Incurables'. His subject: *My Experience in Gerson Therapy Hospitals*.



**JESUS LECHUGA, 68.** Metastasized Carcinoma Jan. 1979, cough. June '78 lung specialist confirms tumor. Bronchoscopy, mediastinoscopy, biopsied: lung carcinoma with metastases in glands in mediastinum, not operable. 10 radiation treatments reduced tumor 80%. One month later, felt sick, coughing again. X-ray showed tumor size of tennis ball. Started Gerson Therapy Oct. 1979. Thirteen months later (Nov. 1980) X-ray showed lungs clear except for scar tissue. Patient now in good condition.

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9  
ON NATURAL LIVING  
HEALTH AND DISEASE  
HEALING  
and the GERSON THERAPY

cont'd from page 9

on Health and Disease  
or, The Three Needs of Every Living  
Creature

Every living creature has 3 very similar physical needs for healthy living and functioning, if these needs are stated in a general way. These general needs are true for plants, animals, human beings, cells—any organism.

The 3 physical needs for a healthy living body are:

1. All necessary materials must be taken into the body

i.e., foods (vitamins, minerals, proteins, etc.), water, light, air (oxygen), etc.

2. All necessary materials must be properly used by the body

i.e., digestion & assimilation to the complete end products (no incomplete digestion), transport of all necessary materials to the proper location (usually into the cells), as generally required to produce energy and build or re-build cells.

3. All waste materials must be completely and efficiently eliminated

(along with any foreign materials that may have entered the body).

These three general needs for each creature are often described by the word 'metabolism'.

If all three of these needs are well met, the body is healthy.

If these needs are poorly met, the body is sick (disease).

If these needs are too poorly met, the body will die.

In a general sense we all die of the same thing—our metabolism slows down and stops. It may be because we don't get a necessary nutrient such as vitamin C (scurvy); it may be because we lack oxygen (suffocation); or can't digest food, such as from insufficient hydrochloric acid; or through failure to eliminate, such as liver or kidney failure. The result is the same: our metabolism stops and we are physically dead.

There is a fourth need which really isn't a need at all and really shouldn't require mentioning, but which in our drug and chemical oriented society must be mentioned: In order to have a good healthy metabolism, we must stop poisoning ourselves. Foreign substances put into the body interfere with normal body functioning. Most people use drugs or

stimulants intentionally—caffeine, nicotine, alcohol, aspirin, sleeping pills, uppers, downers, prescription drugs, street drugs, hard drugs, etc. Nearly everyone buys foods from their supermarkets. Insecticides, herbicides, preservatives, colorants, artificial flavorings, growth stimulants hormones - over 10,000 food additives are permitted in our foods. Processed foods can hide many of them without being mentioned on the label. If a manufacturer has to list all chemicals on the label that he adds to flour to make bread, he can usually avoid the listing just by having the chemicals added before he buys the flour. Most people use insecticides in and around the home, pet collars, deodorizers, and so on.

Scientists tell us there are no arctic snowflakes or mountain mists or ocean waters that are not polluted by man to some degree. Chemical companies sell several pounds of agricultural and household insecticides per person per year in the U.S.

Fortunately, most poisoning in the body, air, water, soil, and food can be eliminated if we don't wait too long, if we stop adding poisons and work with Nature.

Our bodies and our environment can be healed.

### on Healing

If a living creature becomes sick, common sense says we would heal it by supporting, as completely and naturally and continuously as possible, all of the creature's needs. We would not ignore its living needs and force foreign materials into it.

For a sick plant we would lavish fresh air, soil, water, heat, light and drainage upon it according to its nature. If it were not too far gone, the plant would heal and restore itself.

We would supply a living creature's natural needs generously.

For an ailing human body

1. We would flood the body continuously and generously with all of its natural needs including natural organic foods, air, and light, etc.

2. We would help the body use its generous intake by putting the food in a form the body can most easily digest and assimilate; then we would add natural digestive aids to supply any deficiency of digestive juices.

3. We would aid the body's sluggish organs of elimination to clean out more of the body's own wastes and any foreign materials still interfering with body functions.

4. We would stop putting foreign materials into the body that it must then struggle to rid itself of.

### on the Gerson Therapy

Over the years Dr. Gerson built his therapy to work with nature to supply the healing needs of the sick body.

Briefly,

1. He flooded the sick body with nutrients (from up to 20 pounds of organic food daily).

2. He helped the sick body digest and assimilate all of this generous supply of nutrients (he ground much of the 20 pounds and pressed fresh, raw juice for easy digestion, then still added digestive aids).

3. He helped the body organs greatly to improve their elimination, particularly the liver and the kidneys.

4. He prohibited chemical additives in the food or in the soil on which the food was grown (sick plants cannot heal sick bodies) and he eliminated processed foods that discarded essential nutrients.

5. He added various supplements to aid the body's metabolism.

In more detail, he used 13 glasses of freshly pressed raw juice daily— carrot and apple juices, and green leaf juices. After World War II when insecticides and chemical fertilizers proliferated, his success rate reduced somewhat. His success improved when he added juices pressed from carrots and baby veal livers slaughtered when only days old.

The elimination, particularly of the kidneys, was greatly aided by the 4 quarts of liquid daily in the juices and soups and other raw and cooked foods. When the German Army in World War I had no morphine because of the Allied blockage, German physicians found they could often eliminate pain by using caffeine rectally. In 1922, the University of Göttingen proved on animals how this worked. The bile system, which transports blood wastes through the liver, was greatly stimulated by caffeine absorbed into the blood from the colon. Apparently, when the level of natural toxins in the blood was reduced below the pain threshold, there was no pain. Dr. Gerson used either caffeine potassium citrate or coffee. Pain usually disappears quickly without drugs on the Gerson Therapy.

Two other items important to the Gerson Therapy will be mentioned. For more details, please see the detailed hourly schedule of the Gerson Therapy on page 236 of *A Cancer Therapy — Results of 50 Cases* (available from the book list).

The first of the two items was the addition of potassium, first as it occurs in natural food, then also as a supplement. Dr. Gerson found, as did others including Dr. Sodi-Pallares, that in sick bodies sodium invades the cells unnaturally and potassium is lost from the body.

Natural thyroid extract was the second supplement Dr. Gerson often added. Thyroid hor-

### MORE OF THE 50 HEALED 'INCURABLES'

**MELVA BLACKBURN, 66.** Diabetes, Kidney disease, Adrenal Disease, Alzheimer's Disease

Constant medical problems beginning in 1940. Started with kidney disease and many operations. Constant treatment until 1979. Heart & coronary artery disease. Whiplash in 1964 did not respond to treatment. Diabetes: on medication since 1965. Poor control (neuropathy) of legs and feet. Cushing's syndrome (adrenal gland disease) - overweight, fatigue,

weakness, osteoporosis, edema, susceptibility to infection. Pneumonia at least twice a year since 1964. Enlarged liver, arthritis in all bones including ears: anxiety, ataxia, confusion, aphasia, Alzheimer's disease (premature old age: senility). Years on drugs, many surgeries. Started Gerson Therapy Oct. 1979: feels fine now. Astounded all doctors who examined her since & confirmed her good health.



**BERT BREHAUT, 41.** Twelve Years of Pain, Allergies, Arthritis, Prostatitis

In 1968 two whiplash injuries within short time. Pain partly alleviated with drugs for 9½ years. Due to pain, could only sleep in sitting position for two years. In 1979 prostatitis, alleviated, but not cured, by antibiotics. Doctor said to continue taking antibiotics for the rest of his life. Intestinal problems developed since antibiotics interfere with friendly bacteria. More drugs prescribed. Allergies developed, more drugs given. Arthritis developed. Motrin given. No complete relief, constant pain and discomfort for twelve years. Started Gerson Therapy Nov. 1980. Within three months, slept normally in bed; ate all vegetarian foods without allergic reactions. Prostatitis, allergies, arthritis gone; off all drugs, now functions normally.

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mones control the rate of metabolism of every body cell. In most degenerative diseases, metabolism is low. Thyroid extract can usually increase it.

Thyroid therapy has been the life work of Broda Barnes, M.D., now retired. We are fortunate to have Dr. Barnes on our program.

When a sick body's natural functions are supported so intensively, the body can usually heal unless it has deteriorated too far toward death.

**Gerson understood the basis of healing sick bodies - to bring into the body generous amounts of its natural needs, to help the body properly digest and use these materials, and then to help the body efficiently eliminate its waste materials and foreign substances.**

We have seen melanoma tumors in the most favorable cases completely disappear in as little as 4 days. One of our research programs will be to document such responses with time lapse movies to show tumors going away like Walt Disney's flowers opening up.

At the other end of the scale are cases like Dora Sherken's. She was brought to Dr. Gerson unconscious with advanced cancer 37 years ago. Her loving family spoon fed juices to her day and night. She regained consciousness in a week and, at age 79, expects to be presented at our convention as one of 50 Healed 'Incurables'.

We would feel fortunate to get even 5% recoveries in such advanced cases.

Additional discussions of the Gerson Therapy will be in future issues of HEALING.

One physician after hearing the previous statements on natural living, health and disease, healing and the Gerson Therapy stated, "That's all so simple and makes so much sense - why didn't they teach us that in med school?"

The answer is "Without trauma and sickness and drugs and violent medicine, the promise of huge financial rewards disappear. This is not acceptable to medical schools and to organized medicine and the pharmaceutical companies which support and guide the medical schools. Therefore, medical schools and the vested interests will avoid as much as possible and as long as possible, the teachings of natural living, health, and healing."

## COMMUNICATIONS

**-Our most important freedom (but most people don't know it), or, What you don't know can kill you**

Communication is the strength and weakness of our people.

Control of communication is power.

The founding fathers of our country knew this and guaranteed freedom of speech and press to our people by the Constitution of the United States. Thank God. Otherwise we wouldn't be here.

Hitler said it best with his technique of the Big Lie: If you tell a big enough lie loud enough and long enough while completely suppressing the truth, most people will believe that the lie is the truth. That was the basis of Hitler's propaganda machine.

All powerful groups who exploit people know that control of communication is the key to their power.

Dr. Gerson suffered terribly from abuses by the powers that control communications - almost everything from the murder of all 7 of his brothers and sisters to the AMA threats against every bright, young doctor who came to work and learn with Dr. Gerson. He was thus blocked by the AMA from communicating his knowledge to a new generation of doctors.

(Fortunately, Dr. Gerson's book is so complete that some 'hopeless' laymen have used it to heal themselves. The Gerson Institute always recommends professional supervision by physicians in Gerson Therapy hospitals because the rate of success is higher than if patients do the Therapy alone.)

Our founding fathers, with prices on their heads, fought for and created a free society based on *informed* citizens. That's the reason our fathers guaranteed freedom of speech and press.

Most citizens, however, exert no real effort to be informed. They constantly complain about injustices but do little or nothing about their complaints. They are mostly in apathy. They believe "You can't fight city hall."

That is part of the lie that city hall wants you to believe so you won't fight. *You can fight city hall.* The way to do it is to inform yourself, then inform others and inspire them to do the same until enough of the population is informed to change city hall. That's what it is all about. Help us help you help others.

The only other way for citizens to be informed is to accept the often slanted communications

directed at them by other people and groups, particularly advertisers with their vested interests.

Most people these days think information is all around them - all they have to do is reach out and it's there. There is information all around them by TV, newspapers, radio, magazines, books. So much, in fact, that most people try to shut it out.

Most people by nature want to be gentle and trusting and loving, to be happy, pleasant, optimistic, to not be suspicious and negative. They want to trust other people and believe what they are told. That's the reason many people are so gullible.

Every sharpie knows this. "There is a sucker born every minute." The TV and other media advertisers know it. From toddlers to the grave, trusting, unthinking hypnotized robots will buy almost anything.

Hitler knew it. Even when a rare Jew miraculously escaped from a concentration camp and sneaked back to his people to warn them and their rabbis, they could not believe the escapee. They thought the escapee was insane, that such horrible wholesale murders were impossible, that the soothing pap from Hitler - and in turn from their unwitting community leaders - was the truth. Six million Jews - half their world population - were thus annihilated.

The pharmaceutical giants know it. They know it when they or their closely linked petrochemical companies (etc.) give their huge grants to every medical school. They know the medical schools will be glad to require med students to take primarily the courses that emphasize drugs, drugs, and more drugs. They will not teach nutrition and natural healing methods that heal and prevent disease, but, in fact, teach that such natural healing methods are quackery. Who are the quacks?

Organized medicine, particularly the A.M.A., also knows that people and governments are gullible and easily exploited by controlling communication. They set out over half a century ago to control the medical schools and organize medical doctors. By getting AMA standards accepted as the basis for accrediting medical schools by government and private groups, the AMA was able to systematically eliminate most natural healing methods. Med students who opposed the power structure were flunked.

The AMA and pharmaceutical companies and similar groups have their handpicked or sympathetic people sitting in most of the key positions in most government health agencies. People presenting opposing views to these agencies sometimes have as much chance as a Jew before a Nazi court.

The AMA knows it is usually easy to lobby legislatures to make AMA favored laws. In California for instance they were able to influence the legislators to pass a law that

### MORE OF THE 50 HEALED 'INCURABLES'



**HILDEGARD HOWE, R.N., 53, Inoperable Malignant Thymoma, Pericarditis**

Malignant thymoma diagnosed with chest surgery. Tumor size of grapefruit inoperable, attached to mediastinum, heart, aorta, trachea & sternum - but blebbed. 5,000 rads cobalt to thymus. After three weeks of radiation became violently ill, burning in esophagus, also pericarditis, drawing into chest. Right upper lung collapsed. Later both shoulders nearly immovable. Nearly bedfast. Fluid extracted from heart, stayed in bed. Edema in legs and through body. 1977 liver scan showed spots - 5FU suggested, refused. Started Gerson Therapy February 1979. At that time, loss of hair, enlarged liver, pericarditis, immovable shoulders, fluid in lower lung & heart, collapsed lung. Presently in good condition, good energy, walks 5 miles or more daily. Hair regrown darker.



**VIRGINIA GOLDEN, 62, Spreading Melanoma**

(Melanocarcinoma) Case No. 12 in *A Cancer Therapy*. Non-healing skin wound over left ankle, 1941 to 1945. Excised September 1945. Biopsy showed melanocarcinoma. In June 1946, tumor recurred at operation site and several dark nodules appeared in left groin. In July 1948 tumor in groin excised with extensive lymph node dissection. Biopsies showed spreading melanocarcinoma. In August 1948 two new recurrences with marked left ankle edema. A hopeless prognosis given to patient's husband.

Started Gerson Therapy September 1948. In 1948 the patient went through a normal pregnancy with delivery of a healthy baby in October 1948. Patient continues in good health without any recurrences since beginning the Gerson Therapy 34 years ago.

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11

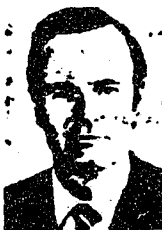
## SPEAKERS



**PETER BARRY CHOWKA**, Investigative Journalist, Lecturer and Broadcaster. Author of many articles. Has served as consultant for major TV documentaries on cancer. He has published many articles on the politics and economics of orthodox research and treatment and exposed cover-ups and conflicts of interest at the highest levels of the scientific establishment. He will speak on *Diet and Cancer — The History of a 50 Year Cover-up*.



**LEE FREEL** is Laboratory Research Scientist at the Arthur Test and Research Laboratory in Chula Vista, Calif. The Arthur Immunity Test has been developed by Dr. Theima Arthur to detect the patient's immune mechanism for early detection of immune failure which may lead to cancer. The second test, the Arthur Monitoring Test then checks the results of therapy on cancer patients. Lee Freel will speak on *Understanding Immunology and the Arthur Test*.



**BRUCE HALSTEAD, M.D.**, is Director of the World Life Research Institute in Colton, Calif. He has worked with the World Health Organization of the United Nations on marine pollution research and "global medicine." He is actively concerned about the deteriorating health of this planet, especially the sea, and has written many articles on sea, land, and human ecology. He will speak on *DMSO and the Treatment of Cancer*.



**ERNST T. KREBS, JR., D.Sc., LL.D.**, world famous biologist from San Francisco. He and his father are recognized as discoverers of vitamin B-17 or nitriloside, known as Laetrile. They also co-discovered another vitamin, B-15, or pangamic acid. Ernst Krebs obtained his A.B. degree from the Univ. of Illinois after graduating from the Univ. of California in Berkeley. He will speak on the *Effectiveness of Combined Therapy — The Amanda Accardi Case*.



**VIRGINIA LIVINGSTON WHEELER, M.D.** Received M.D. degree from Bellevue Medical School and training in Metabolic Diseases at New York University. Was Research Associate at the San Diego Biomedical Association and Prof. of Microbiology at the University of San Diego. Listed in American Men and Women of Science and Who's Who in the West. She is a famous microbiologist interest is in Immunology. Her subject: *New Methods for Induction of Immunity*.



**MARILYN MERRILL**, Dental Hygienist and Teacher of Vocational Education, is involved in introducing others to the non-toxic therapies which are being used successfully in Mexico. She organizes tours through the clinics ("Health on Wheels") which have attracted the attention of the media. The tours give C.E. credit to nurses and health professionals. She will speak on *Health on Wheels*.



**C. SAMUEL WEST, M.D., Pres., Dr. West Health Education Fdn.**, Chemist, Lymphologist, Physiologist, Author, 250 Lectures/year. Probably understands better than anyone how & why "trapped" natural blood proteins can & do cause death from shock (due to disease or trauma) within a few hours. Often teaches students & audience volunteers how pain & many "incurable" conditions can be relieved in minutes. Subject: *Trapped Blood Proteins, the Lymphatic System, and Healing*.



**WILLIAM MCGAREY, M.D.**, born in Wellsville, Ohio, received his M.D. degree from the University of Cincinnati College of Medicine. He is a foremost authority on the concepts of healing found in the psychic readings of the late Edgar Cayce. With his wife, co-founded the A.R.E. Clinic in Phoenix, Arizona. He has authored papers on dreams, psychedelic drugs, acupuncture and books on Edgar Cayce and many more. His subject is: *The A.R.E. Clinic and the Edgar Cayce Readings*.



**JOE D. NICHOLS, M.D.**, Recovered "Incurable" Heart Patient and Speaker, M.D., Univ. of Arkansas Medical School, in practice Atlanta, Tex. since 1933. Near death from severe heart attack in 1948. Found way to health with whole organic foods. Formed Natural Food Associates (N.F.A.), largest organization of organic farmers in U.S. Pres. many years, now Chairman of N.F.A. Book: *Please, Doctor, Do Something*. Lecture: *Prevention and Treatment of Metabolic Disease*.



**ZANE KIME, M.D., M.S. in Nutrition** from the Univ. of Berkeley; M.D. from Loma Linda Univ. School of Medicine. Is a member of the American Academy of Family Practice and the American Society for Photobiology. So has spent much time researching the effect of sunlight on the human body and its effect on the blood cholesterol, sugar, metabolism rate, elimination, etc. He will speak on *Sunlight Can Save Your Life*, also the title of his book.



**NEVA JENSEN's** interest in herbs began when her own life was saved at age 11 by an "Old Herb Lady". She studied and practiced with herbs for years before going into a study of bio-chemistry and botanics. She has taught nutrition and is the author of "Herbal Health Guide". She lectures throughout the U.S. and abroad and is an expert on the uses of clay for its healing and health building properties. She will speak on *The Use of Healing Clays and Herbs*.



**BRODA O. BARNES, M.D., Ph.D.**, author of *Hypothyroidism: the Unsuspected Illness*, other books. Ph.D. Physiology, Univ. of Chicago; M.D. Rush Medical College. Former Asst. Prof. of Medicine, U. of Illinois; Chairman Health Education Dept. U. of Denver; Prof. Affiliate, Dept. of Physiology, Colorado State Univ. World expert & principal developer of thyroid therapy. Thyroid controls metabolism of all cells. Subject: *Thyroid Therapy for Heart Disease, Diabetes, Hypoglycemia and Other Diseases*.



**RICHARD BARMAKIAN, N.D. & Doctor of Homeopathy**. Studied homeopathy with Masters of India, travelled extensively for knowledge of healing. Studied with Louis Davran in France. Searched for means to achieve his own recovery from hypoglycemia. Author, lecturer. He has a large following in people he has helped. His book, *Hypoglycemia — Your Bondage or Freedom* is now followed by his work with Homeopathy. He will speak on *Totopathy — Removing the Block to Recovery*.



**FLOYD WESTON, B.Sc.** Born in California. President of Health Research Institute. President of Health Management Corporation. President of Nevada Clinic of Preventive Medicine. Has traveled throughout world for 8 1/2 years seeking for answers to proper maintenance of body. Will introduce Polypeptide Malignancy Scan. His lecture: *The High Cost of Low Living*.

cont'd pages 2, 8, 19, 20

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12

## Gerson Therapy NATURAL HEALING CONVENTION

# PROGRAM

Program changes may be unavoidable.

### SATURDAY, OCTOBER 17, 1981

- 8:45** Welcome & Opening Ceremonies  
Charlotte Gerson and Norman Fritz
- 8:50** From Death to Life — My Conscious Choice  
Mary Lee Rork, Healed 'Incurable' Cancer Patient, Lecturer
- 9:05** Healing 'Incurables': The Gerson Therapy  
Charlotte Gerson, Pres. Gerson Institute
- 9:45** Presentation of 50 HEALED 'INCURABLES'  
— 50 patients healed by the Gerson Therapy of diseases for which the cure rate by orthodox treatment is 0%; each patient has medical documents. The 50 Healed 'Incurables' will all be on a multi-level stage: 4 different groups of the 50 will be presented at each of 4 times on Saturday and Sunday  
Presentation by Charlotte Gerson
- 10:30** Intermission — Visit Exhibits
- 11:00** Sunlight Can Save Your Life  
Zane Kime, M.D., author, photobiologist
- 11:40** The Role of Diet in Physical and Mental Degeneration  
James Winer, author; Education Coordinator and Instructor of Hippocrates Health Institute
- 11:50** Trapped Blood Proteins, the Lymphatic System and Healing  
C. Samuel West, N.D., Chemist, Lymphologist, Author  
Pres., Dr. West Health Education Foundation
- 12:30** Lunch intermission — Visit Exhibits
- 2:00** My Life with Max Gerson and Meeting Albert Schweitzer  
Howard Straus, grandson of Max Gerson
- 2:10** Presentation of More of the 50 HEALED 'INCURABLES' — see program for 9:45 AM Saturday October 17  
Presented by Charlotte Gerson, Pres. of Gerson Institute and Arturo Ortuno, M.D., Medical Director, La Gloria Hospital near Tijuana, Mexico
- 2:55** How I Healed My Hopeless Melanoma  
Jaquie Davison, Healed 'Incurable' author *Cancer Winner*
- 3:10** Songs of Thanks and Praise  
Yvonne Nienstadt, Healed 'Incurable' (asthma, cancer)
- 3:20** Gerson Institute Benefit Fund Raising  
Conducted by the 50 HEALED 'INCURABLES'
- 3:30** Intermission — Visit Exhibits
- 4:00** Thyroid Therapy for Heart Disease, Diabetes, Hypoglycemia and Other Diseases  
Broda Barnes, M.D. author, Principal Developer of Thyroid Therapy
- 4:40** Diet and Cancer — The History of a 50 Year Cover-up  
Peter Chowka, Investigative Journalist
- 5:10** My Experiences in Gerson Therapy Hospitals  
Arturo Ortuno, M.D., Medical Director, La Gloria Hospital near Tijuana, Mexico
- 5:25** Understanding Immunology and the Arthur Test  
Lee Freel, Laboratory Research Scientist  
The Arthur Test Laboratory, Chula Vista, California
- 5:40** Dinner Recess — Visit Exhibits
- 7:30** DMSO and the Treatment of Cancer  
Bruce Halstead, M.D., Director, World Life Research Institute, Colton, California
- 8:10** My Observations of Patients on the Gerson Therapy  
Arturo Rosas, M.D. Surgeon and Medical Director, Del Prado Hospital, Tijuana, Mexico
- 8:15** The A.R.E. Clinic and the Edgar Cayce Readings  
William McGarey, M.D., Medical Director of Association for Research and Enlightenment (A.R.E.) Clinic, Phoenix, Arizona
- 8:55** 30,000 Laetrile Case Histories with Presentation of Recovered Cancer Patients  
Ernesto Contreras, M.D., Medical Director of Centro Medico Del Mar, Playas de Tijuana, Mexico
- 9:35** Visit Exhibits
- 10:10** Close

### SUNDAY, OCTOBER 18, 1981

The 100th Anniversary Birthday of Max Gerson, M.D.

- 8:45** International Association of Cancer Victors and Friends  
Cancer Control Society
- 8:50** Health on Wheels  
Marilyn Merrill, Tour Director, Bus Trips to Mexican Clinics
- 9:00** Totopathy: Removing the Block to Recovery  
Richard Barmakian, N.D., Doctor of Homeopathy and Naturopathy
- 9:15** The Use of Healing Clays and Herbs  
Neva Jensen, nutritional scientist, author, lecturer
- 9:45** Physiological Mechanisms of Detoxification with the Gerson Therapy  
Curtis Hesse, M.D., Medical Administrator, La Gloria Hospital
- 10:00** More of the 50 HEALED 'INCURABLES'  
— see program for 9:45 AM Saturday, Oct. 17  
Presented by Charlotte Gerson
- 10:30** Intermission - Visit Exhibits
- 11:00** The Metabolic Treatment of Refractory Heart Failure and Angina Pectoris  
Demetrio Sodi-Pallares, M.D., Author 293 publications, 11 books  
Head Dept. of Electrocardiopathy, Natl. Institute of Cardiopathy, Mexico City, Prof of Chair of Cardiovascular Medicine, Universidad Nacional Autonoma de Mexico (National University of Mexico)  
Past President of the National Academy of Medicine of Mexico (equivalent of Mexican Medical Association)
- 11:40** Eydie Mae—How I Conquered Cancer Naturally  
Eydie Mae Hunsberger, recovered cancer patient, Author of *Eydie Mae*
- 11:55** New Methods for Induction of Immunity  
Virginia Livingston-Wheeler, M.D., Medical Director, Livingston Clinic  
Author, Immunologist, microbiologist
- 12:35** Lunch Intermission — Visit Exhibits
- 2:00** The Gerson Therapy in England  
Peggy Straus, granddaughter of Max Gerson, M.D.
- 2:10** Total Health from Conception through Active Old Age  
Charlotte Gerson, Pres. Gerson Institute
- 2:50** More of the 50 HEALED 'INCURABLES'  
— see program for 9:45 AM Saturday, Oct. 17  
Presented by Charlotte Gerson and Curtis Hesse, M.D.
- 3:35** Gerson Institute Benefit Fund Raising  
Conducted by the 50 HEALED 'INCURABLES'
- 3:45** Intermission — Visit Exhibits
- 4:15** Prevention and Treatment of Metabolic Disease  
Joseph Nichols, M.D., Healed 'Incurable' Heart Patient, author  
Chairman and Past President of Natural Food Associates
- 4:45** The High Cost of Low Living  
Floyd Weston, B.S., Pres., Health Research Institute, Health Management Corp., Nevada Clinic of Preventive Medicine
- 5:15** The Hoxsey Therapy  
Yolanda Fraire, M.D., Medical Director, Bio-Medical Center, Tijuana, Mexico
- 5:45** Dinner Intermission — Visit Exhibits
- 7:30** The Latest on Atherosclerosis and Aging  
Anthony Schenk, M.D., Ph.D., Biologist, Chemist, Endocrinologist, Clinical practice, Tijuana, Mexico
- 8:10** The Effectiveness of Combined Therapy — The Amanda Accardi Case  
Ernst Krebs, D.Sc., L.L.B., Co-discoverer of Vitamin B-15 and B-17 (Laetrile)
- 8:50** Farewell message  
Charlotte Gerson & Norman Fritz
- 9:00** Convention Closing

A professional seminar will be presented in the Executive Hotel 1 block from the convention location on Monday, October 19, 1981 at 10:00 AM to promote interchange of ideas and methods between the Natural Healing Therapies and Therapists  
Please register at the Convention

Continuing education credit for attendance at the Convention is available through the University of Humanistic Studies, San Diego, on application at the Convention.

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13

## Communications

makes it a felony with loss of license, fine, and jail term for any physician to treat cancer with anything other than surgery, radiation, and chemotherapy. This includes all of the kinds of cancer that have NEVER been cured by surgery, radiation, or chemotherapy. Thus the California legislature requires many cancer patients to be treated only with treatments that have always (in a very few cancers nearly always) failed to cure the kinds of cancer these patients have. This includes virtually every kind of cancer that has spread inside the body (metastasized).

The AMA and groups such as the American Cancer Society control communication in many ways. Science and medical writers, for instance, depend for their major source of medical information on the AMA, the ACS, the Food and Drug Administration, etc. The American Cancer Society each year, in conjunction with their fund drive, invites the top science writers in the country to some plush resort — then propagandizes them with glowing ACS reports and lectures about the success of orthodox cancer treatments and denounces the quacks who promote natural healing and prevention of cancer. Do you think the science writers will jeopardize their pipeline of information by writing stories opposing anything about the ACS or AMA — except sometimes in watered-down terms? Meanwhile the rate of incidence of cancer and cancer death rate increases every year — 5% in a recent year.

Another powerful way the AMA controls communication to keep their power and monopoly of medicine is through their Journal of the American Medical Association, JAMA. Sometimes they accuse a scientist of refusing to publish his secret methods while they at the same time refuse to publish the articles the scientist submits for publication.

Another way the AMA controls non-conforming physicians is to harass them with continued investigations by medical associations. Even better for the AMA is to get their laws passed, then get government agencies and courts to harass the non-conforming physician with licensing investigations and better yet is to keep him repeatedly in court or jail. In this way the life, time, energy, money, and motivation of the physician that heal 'incurables' is drained away.

Dr. Gerson perhaps suffered more from these abuses of power and exploitation by controlling communication than any scientist we know about.

More of Dr. Gerson's suffering from the powers of exploitation and controllers of communication is included in his life story *This Was Your Life, Dr. Gerson*.

He saw the first big roundup of Jews for the concentration camps in 1933 but miraculously escaped. He sent for his wife and daughters who escaped also. He sent money for his brothers and sisters to escape. They all refused to believe there was any real danger from Hitler and all 7 were annihilated along with many of their spouses and children.

He was taken to court by physicians who didn't want Gerson to heal Lupus when they couldn't with their useless treatments.

He heard doctors for a W.R. Grace family member block the healing of the arthritis patient by saying "You don't cure such a case. You treat it."

The AMA refused to publish his articles in their Journal, yet accused him of refusing to publish his 'secrets' (he had none).

He lost all hospital privileges and almost all laboratory testing availability because of AMA threats.

The medical society harassed Gerson with 5 investigations but would never reveal the results, even to Gerson.

Gerson appeared on a radio talk show. The AMA got the host fired the next day and threatened the network.

The National Cancer Institute refused to consider his treatment, offered at no cost to taxpayers, even when Gerson produced 5, then 25 cases documented to show recoveries from hopeless cancer.

Gerson was never able to teach young interested doctors how to carry on Gerson's treatment because the AMA immediately threatened them.

Numerous other actions including theft of the manuscript and all copies of his book *A Cancer Therapy* forced Gerson into a race with death to rewrite his book. He died the next year.

The officers of the Gerson Institute have also felt the forces that control communication.

In 1971, your editor — as President of Cancer Victims and Friends, and editor of their *Cancer News* journal along with officers of the National Health Federation — was taken to court in Los Angeles to block our constitutional rights of freedom of speech and press. The Attorney General of California (Evelle Younger's office) was seeking an injunction to block us from writing or talking about Laetrile or any other natural healing therapy (the Attorney General probably was pushed to take the action to block our communication by the State Health Department or organized medicine). The judge refused to grant the injunction because it would have interfered with our free speech and press. If we had been selling or giving away or otherwise distributing any materials on any of the therapies, we would have been blocked. That's part of the way physicians in business are blocked.

That's why we sell nothing other than communication materials such as books, tapes or lecture or convention or teaching programs.

In 1977, when your editor arranged 3 lectures for Charlotte, we were charged with illegal advertising. Our freedom of speech and press prevailed. The State Health Department makes rules without legislative approval that in court have the power of law.

Another powerful control of communication comes from an area where it might seem least expected — from the press and other media who have admirably defended our constitutional right of freedom of speech and press.

First, a simple example. A sympathetic reporter from a small paper in a small town said he wanted to write a favorable article. He had to be careful, however, not to offend the supermarkets whose processed foods are permitted to contain thousands of chemicals. Most of the advertising income for this small town newspaper came from the mid-week supermarket full page ads.

On a larger scale, about one sixth of the U.S. advertising budget comes from the commercial food industry. Then add all of the advertising for the alcohol and nicotine industries. Next comes the pharmaceutical industry with their non-curative over-the-counter drugs for every ailment. Then comes advertising for the agricultural chemical and insecticide business. Then come the oil companies which have such large interests in the petro-chemical-pharmaceutical and agricultural chemical industries.

If you were the manager of a large newspaper or TV station or network, would you feature stories which insulted your major advertisers? If you did, you probably would not have your job very long. Some managers with courage might try, though.

Although a dozen TV news teams have spent many days in Gerson Therapy hospitals during the last year, almost nothing has reached the public from it.

The Gerson Institute welcomes and will cooperate with the media but cannot expect much support from the media.

Therefore, the question becomes: "How can we communicate our message to the public — the message of how to heal and prevent incurable diseases?"

The answer is to create our own channel of communications and to cooperate with other natural healing therapies.

That is why we created HEALING, the Journal of the Gerson Institute and the Gerson Therapy. We ask for your support.

### MORE OF THE 50 HEALED 'INCURABLES'



**DEANNA POWELL, 28.** Severe Rheumatoid Arthritis Began 1970, bedridden for summer 1976; tried gold, prednisone. By May 1978 constant pain, stiffness; swelling in all joints, both elbows, knees, wrists, most fingers bent, frozen, painful. Knees sensitive to touch with bony deformities, ankles swollen, great difficulty walking; heart palpitations, labored breathing, pale, anemic. 15-20 aspirin daily barely relieved pain, insomnia. Started Gerson Therapy

May 1978. In 8 weeks pain gone, most lumps dissolved, some movement in wrists, considerable elbow movement, knees straight, walked almost normally, ankles almost free of swelling, hands, fingers mostly straight. Better circulation, no heart palpitation, good appetite, energy returning; sleeping well without drugs. Improvement continues. Lungs clear of mucus. Excellent energy, strength increasing, sense of well-being, mobility. Jogs on beach, back at work, water skis.



**ROSAMOND (Barnhetzer) RAY, 68.** Malignant Polyp 1953, blood in stool, pain, weakness. Head of Rectal Surgery, Stanford University Medical School did biopsy; malignant polyp 13 cm up from rectum. Doctor stated that without colostomy, she had less than 10% chance of survival. Went to Dr. Gerson's New York clinic in October 1953. Recovered. Married in 1955; remains in good health 28 years later.

**BOB MARTIN, 38.** Ulcerative Colitis, Diabetes, Heart Disease, Psoriasis Ulcerative colitis since age 15 with periods of remission. Dec. 1976, losing weight, thirst and excessive urination. Diabetes mellitus diagnosed. 1977, also heart disease and psoriasis. Refused insulin. Started Gerson Therapy Nov. 1980. Feels well, most symptoms gone, others almost gone.

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14

## This was your life, Dr. Gerson

cont'd from page 7

radiologist and a specialist of tuberculosis). It was the task of this committee to select such patients as were considered incurable by means of the acknowledged methods. With the transfer of each patient, a signed statement had to be delivered.

In receiving the patient, I followed the usual routine in laboratory examinations with new additional tests. Photographs were made every two months, X-rays monthly, examinations of urine, blood, sedimentation rate, basal metabolism, cholesterol, ammonia-content, bromide in the blood serum, import and export of vitamins, sodium and potassium mineral groups, examinations of the food (sodium and potassium groups, vitamins, etc.)

These examinations were carried out not only together with Prof. Pincussen in the laboratories of the Urban-Hospital, but also in conjunction with the Kaiser-Wilhelm Institute in Berlin."

Special attention was paid to the examinations of the mineral metabolism. (1) sodium and potassium content in the blood, in vegetables and fruit juices, in bread, potatoes, etc. (2) sodium content in the urine; sodium was separately determined with a new and more accurate method, also vitamin C test in the urine, etc. (3) ammonia excretion in the urine during fever and reactions. (4) Bromide content in the blood serum. (5) Albumin globulin ratio; globulin (elevated) raised over albumin in the beginning and during reactions. (6) Proteins by nitrogen balance (import-export). Final results showed that the low protein intake was not leading to lowered plasma protein rate according to the degree of fever. On the contrary, 30-35 grams of protein were sufficient even during fever, of course, after six weeks of treatment with restored mineral metabolism. (7) Abundant diuresis was present in spite of a low urea content in the blood serum.

All kinds of food received and prepared in the special kitchen had been controlled from time to time in the laboratories, especially FRESH fruit and vegetable juices.

The details about the vegetable juices and other nourishments are partially described in my book "Diatherapie der Lungentuberkulose" — there are compiled the twenty-five cases treated privately. These test-cases had been examined by several specialists and authorities appointed by Professor Bergmann. The President of the Berlin Medical Association, arranged a demonstration for May 3rd, 1933.

Unfortunately this demonstration for the general acceptance of my treatment was called off due to the political upheaval. I left Germany in March 1933."

Seldom, if ever, in the history of mankind has as great a loss to the health and happiness of all people, and has such a bitter disappointment occurred to any scientific genius, and has such an all consuming loss engulfed any sensitive human being — and then have all of these tragedies hidden in such an understatement as occurs in the last two sentences of the preceding paragraph: "Unfortunately this demonstration for the general acceptance of my treatment was called off due to the political upheaval. I left Germany in March 1933."

Let us look at the tragedies hidden in the preceding understatement. Dr. Gerson had previously proven in the test on 450 'incurable' lupus patients that lupus was almost completely curable. Now he was only five weeks away from proving conclusively before a most prestigious medical group — the Berlin Medical Association — that about half of all hopeless lung tuberculosis patients could still be saved by Gerson diet therapy.

His just completed years of testing had been one of the most thoroughly documented tests ever performed on such a hopeless disease. Each patient had been certified by three top medical experts as being unable to be influenced by conventional therapy. Dr. Gerson's world wide fame had attracted great attention to the tests. He had already treated, or would treat, many government leaders and luminaries from all over Europe. Mrs. Helene Schweitzer, the wife of the famous Dr. Albert Schweitzer, was one of the hopeless patients who in 1931 recovered from lung tuberculosis on the Gerson therapy. What would be obvious when the test results were publicized was that if half of the hopeless lung tuberculosis patients were healed, then nearly all of the less advanced cases could be expected to be healed just like the skin tuberculosis (lupus) cases had been.

Lung tuberculosis was one of the big killer diseases. Sir Alexander Fleming at the time was still being called a quack four years after discovering penicillin. It would be another decade before penicillin would be accepted. Although penicillin or other antibiotics might later kill tuberculosis bacilli, antibiotics would not heal and restore the body as would the diet therapy. Also, antibiotics can have very serious

poisoning effects on the body and often do great damage.

With the kind of publicity he would receive with the wide acceptance of his method of curing 'incurable' lung tuberculosis would come the public and professional support, the facilities and funds to incontrovertibly demonstrate that other 'incurable' diseases could be cured also.

For mankind, then, the stakes were enormous. In a span of perhaps ten or twenty years, methods for healing and preventing virtually all of the major killing and crippling diseases might well be common knowledge to the public and to science. Medicine might have been gradually guided away from the commercial motivation that brings numberless new drugs into the market each year — drugs which have never yet healed and restored sick bodies. Instead, the public and physicians would come to understand, as Gerson understood, the basis of healing sick bodies — to bring into the body generous amount of all of its natural needs, to help the body properly digest and use all these materials, and then to help the body efficiently eliminate its waste materials and foreign substances.

As a professional scientist and physician, Dr. Gerson recognized that his professional future hinged on the May 3rd demonstration.

Gerson was a strong but humble person. He was strong regarding his ideas on healing people but had good rapport with nature and her creatures. He was often so involved in deep thought about his work, that many people would consider him absent minded. Albert Schweitzer would later write of Gerson: "... He possessed something elemental. Out of deepest thought about the nature of disease and the process of healing, he came to walk along new paths with great success..."

Gerson never drove an automobile. He could not keep his mind on driving. On one occasion he fell into a coal chute while walking along a sidewalk. He had numerous accidents with his bicycle because he didn't keep his attention on riding. Four bicycles he was riding were demolished. Amazingly he escaped serious injury. He didn't carry money so he could never even buy a newspaper unless someone, usually Mrs. Gerson, provided the money. Dr. Gerson's needs were simple. He could not eat rich foods without becoming sick with migraines. He ate

cont'd page 15

### MORE OF THE 50 HEALED 'INCURABLES'



**ANNA WOMACK, 54, Metastasized Adenocarcinoma**  
February 1978 right mastectomy. Biopsy: Adenocarcinoma. Nine months later, under left arm, within few more weeks, several tumors in left breast. Started Gerson Therapy November 1978. Lumps gone in 8 months. Now excellent energy, sense of well being, no recurrence of tumors.



**MARY PERRY, Basal Cell Carcinoma, Cataracts.**  
In Fall of 1963, small nodule in tear duct area, right side of left eye, near nose. Ophthalmologist said leave it alone. In 1973, pain after left eye injury, nodule started growing. In August 1978, biopsy showed basal cell carcinoma. Cataracts in both eyes. Developed pain in left arm, breast and vagina. Started Gerson Therapy November 1978. Pain in left arm and breast disappeared in six months; nodule in eye disappeared.

Rechecks for cancer in April 1980 and in March 1981, both clear. She reports that it took a long time to regain her strength, however since early 1981 has good energy and is working daily



**PAULINE DELONG, 57, Asthma**  
July 1975, operation to remove polyps from nose. Two months later started coughing with increasing severity, then severe spasms especially at night. Surgeon diagnosed menopausal asthma. Started taking Ambophyllin in 1977. Started Gerson Therapy in June 1981, lungs cleared considerably in three weeks, still improving, spasms mild and rare. Not yet healed but making remarkable recovery.



**NANCY GOETHALS, late 40's, Cervical Cancer**  
May 1974 hospitalized, hemorrhaging. Prognosis: a few hours to live. Operation: removed one ovary, exploratory, too weak to do more. After two weeks in hospital, returned home, still hemorrhaging. Biopsy positive for cancer, cervix "looked like a raw crater" M.D. arranged for hysterectomy. Refused. Started on Gerson Therapy, August 1974. In six months, pap smear negative. Stopped therapy at that time, too soon for complete healing; developed new cancer, went back on therapy. Now good energy, helped husband build house, clear land, tends large garden, helps with summer camp. In good activity 7 years since "terminal" diagnosis.

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## 15 This Was Your Life, Dr. Gerson cont'd from page 14

plain, simple organic foods, either fresh or freshly prepared. Although the Gersons lived comfortably, they had no expensive tastes.

Dr. Gerson's favorite recreation was to take long walks in the woods. He enjoyed making friends with deer. In the woods he would call deer and they would come to him. On a long walk one day in the woods near Bielefeld before he moved to Kassel, he was delighted to meet a man who raised foxes. The fox farmer told Gerson he bought sick, tubercular foxes for almost no cost. Then he fed them a diet just like some doctor in Berlin gave to people to cure their tuberculosis. The fox furs became so luxurious that the farmer received the highest prices for them. The farmer was delighted also when Gerson identified himself as that doctor.

Many people with many different 'incurable' diseases had already been healed by Gerson with his diet therapy.

In 1928 Dr. Gerson cured his first three cases of inoperable, 'incurable' cancer. He treated these cases against his will (he didn't want to bring on more opposition from establishment cancer doctors too. The opposition to his tuberculosis treatment was enough).

"But once I had it in my head and in my hands and in my heart, I could no longer separate myself from that problem (cancer)." (p. 403, *A Cancer Therapy - Results of 50 Cases*, Available from book list.)

Once he had been given the knowledge of how to cure cancer and other 'incurable' diseases, he felt deeply that it was his duty and mission to use and teach these healing methods. "It must be possible, it would be a crime not to do it." (p. 405, *A Cancer Therapy*).

At the age of 51, Gerson was excited about realizing many of his dreams when the May 5th, 1933 demonstration would take place. He looked forward eagerly to other plans after the demonstration.

In order to give his demonstration the highest credibility, he collected all of his X-rays and planned to take them to Dr. Felix Fleischner — the top X-ray expert in all of Europe — for a final evaluation.

Full of aspirations and dreams about his future and the future for healing millions of hopeless patients, he boarded the train with all of his precious X-rays.

On that train to Vienna, on April 1, 1933, Max Gerson saw his brightest dreams and the dreams of millions of hopeless patients crumble, at least for decades.

Hitler's SS troops entered the train.

A young, somewhat uncertain SS officer asked Dr. Gerson where he was going. Dr. Gerson eagerly showed him all of his X-rays and told why he was going to Vienna. Overwhelmed by Gerson's exuberance, the SS man proceeded to the next passenger asking "Are you a Jew?" All the passengers except Gerson were asked that question. All Jews except Gerson were herded off the train. Dr. Gerson saw one Jew killed in front of his eyes.

Dr. Gerson realized what was happening and how lucky he was to escape. He proceeded on the train to Vienna and never returned to Germany. He had just seen the first large scale action to collect 6,000,000 Jews for extermination in the Nazi concentration camps.

He sent for his wife and daughters who joined him in Vienna. It was still relatively easy for them to leave Germany in early 1933.

Then he sent money so his relatives could leave Germany also. They could not believe there was any danger and refused to leave. All 7 of Dr. Gerson's brothers and sisters, 6 of their spouses, many of their children and Mrs. Gerson's two brothers—all were annihilated in Hitler's concentration camps.

"At first I went to Vienna where I exceptionally received a medical license from Chancellor Dollfus, whose relative I treated.

During the years 1929 to 1933 I was asked to lecture in many cities in Germany and abroad, mostly in universities and medical associations: Oslo, Bergen, Drontheim in Norway; Upsala and Goetaborg in Sweden; Copenhagen in Denmark; Vienna in Austria; Amsterdam in Holland; Prague, Bruenn and Bratislava in Czechoslovakia.

In Upsala the late Swedish Archbishop Soederblom extended me the honor to inscribe myself in the "Golden Book Of Sweden", after a celebration in his church.

In Copenhagen I was the guest of the late Secretary of Nutrition, Dr. Hindhede, M.D., who was my friend. I treated him and his wife in my sanatorium at Kassel-Wilhelmshohe.

In 1935, I was appointed chief of staff of a sanatorium in Ville d'Avray, near Paris on the recommendation of the former Prime Minister Painleve, in gratitude of my previous treatment, during his sickness. He had called on me several times as a physician during my stay in Vienna. In Paris I treated chronic diseases until the end of 1936, when I emigrated to America, first making a short sojourn in England.

In New York I passed the state board examination and received my medical license in January, 1938."

Dr. Gerson had investigated Israel briefly as a possible location to practice. He found too many displaced physicians who had become chicken farmers.

When Dr. Gerson emigrated to New York in 1936, he spoke very little English. At age 55 he went to school with first and second grade children to learn the language so he could get his medical license.

Dr. Gerson's first contact with medicine as practiced in the United States was enlightening. He was called to New York as a consultant for a wealthy industrialist who had arthritis. Dr. Gerson had successfully treated the patient's brother-in-law for arthritis in Europe. In a Park Avenue penthouse Dr. Gerson joined the house physician and another consulting specialist to see the patient. After the examination the 3 physicians retired to discuss the case. Dr. Gerson proceeded to describe the treatment for arthritis he had so successfully used in Europe, then described the manner in which he expected the patient to recover. There was an awkward pause. Finally, one of the other doctors said, "Dr. Gerson, you are new here. You don't understand. This man is a wealthy member of the W.R. Grace family. They own steamship lines, banks, chemical companies, and so on. You don't cure a patient like this. You treat him."

Dr. Gerson had several offices in New York City at different times. In 1938 at age 56, he opened his first office in the U.S. at Park Avenue and 86th Street.

He was now getting more cancer cases. As quoted before, after curing his first 3 'incurable' cancer cases in 1928: "But once I had it in my head and in my hands and in my heart, I could no longer separate myself from the problem" (knowing cancer could be cured) "It must be possible, it would be a crime not to do it." (to cure cancer).

He did not again have an in-patient clinic until 1948 and had to guide his patients on the therapy in their homes.

His previous world-wide fame and word of mouth recommendations brought a steady flow of patients with all kinds of 'incurable' diseases to his office.

William Goerdes is one patient who was carried into Dr. Gerson's New York office in 1941 on a stretcher, his spine almost completely

### MORE OF THE 50 HEALED 'INCURABLES'



**LARRY RHOADES, 31. Multiple Sclerosis**  
In 1975, exhaustion, double vision & loss of equilibrium. Not diagnosed, went into remission for three years. In 1978, had attacks every 7-9 weeks. MS then diagnosed by MD's at UCLA Medical School. Attacks increased in frequency to every 4 weeks. First affected only right side, then on left side in Aug. 1979. Started less intensive Gerson Therapy & attacks stopped. Increased intensity of therapy & improvement continued.

His vision now normal, has regained most of his feeling. His equilibrium is greatly improved & continues improving. In June 1980, the examining neurologist said his recovery was "amazing".

**EUGENE LAHEY, 40. Spreading Melanoma**  
December 1978, mole on right chin turned black and was growing. Jan. 79, biopsy: malignant melanoma, stage 2. Surgery & radical neck dissection was told 50-50 chance of no recurrence. July 1979, numerous black moles along operation scar. Spreading melanoma, hopeless prognosis given, but radiation started. Total 5,400 rads: effect was rapid increase of tumor growth and size. Started Gerson Therapy Oct 1979. Last examination shows clear, excellent energy, works 18 hours a day as farmer.



**C.K., 33 Astrocycoma**  
In May 1980, series of small seizures. In June, severe seizure, hospitalized. Brain scan showed shadow. Operation in June 1980 revealed inoperable tumor. Biopsy: astrocycoma. Radiation and chemotherapy refused. Started Gerson Therapy July 1980. Without drugs, seizures continue to decrease in severity and frequency. (now only at 2 month intervals) Otherwise functioning well, no optic, muscular or mental disturbances. Excellent energy, recovering.

NOTE: Patient not yet healed. This case of inoperable astrocycoma is making extraordinary recovery without any other treatment.



**PAUL TERRELL, Prostate Cancer**  
Lumps on prostate discovered late 1976. Urologist did biopsy, confirmed cancer. Operation recommended, refused. Started Gerson Therapy at home (no doctors or hospitals available at that time) in March 1977. Last three tests all negative. He is active and well without any other therapy.

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paralyzed with arthritis. We proudly present Bill as one of the 50 Healed 'Incurables' at our Convention. Bill recovered so well that shortly he was able to start his own structural steel erection company. He is still agile and free of arthritis 40 years later at age 85.

Another non-cancer patient from 1941 was Prof. Henry Schaefer-Simmern who literally collapsed on Dr. Gerson's doorstep with his third nearly fatal heart attack. The Professor died in 1980 at age 83. 39 years of very active, productive life after completely recovering from 'incurable' heart disease.

(The Gerson Institute heard of a lady in Santa Barbara, California, who was Dr. Gerson's patient in Austria in 1934. We have lost the contact. We would appreciate contact with her and if possible, her attendance at our Convention.)

The earliest cancer case among our 50 Healed 'Incurables' is also one of the most impressive. She is Dora Sherken, case no. 1 in *A Cancer Therapy - Results of 50 Cases*. After failure of orthodox medicine to stop the progression of a very large pituitary tumor, she was carried unconscious to Dr. Gerson in March 1944. A relative gave her the raw fruit and vegetable juices teaspoon by teaspoon night and day. She received enemas and other parts of the Gerson Therapy. In a week she regained consciousness. Her X-rays are in the book. Dora is still alive and well and active 37 years later at age 79 — her 1980 CAT scans show all is clear in the pituitary area.

Dr. Gerson was stunned by news of the atom bomb explosion on Hiroshima in 1945. In just one second more lives were destroyed by that bomb than he could personally heal from 'incurable' diseases in several lifetimes as a doctor.

Always the motivation for keeping on, however, was the healing before his eyes of 'incurable' patients who even to him sometimes

appeared hopeless (we and many 'hopeless' patients are motivated in the same way).

One such star pupil who came to him in 1945 is George Gimson whom you can see at our Convention as another of the 50 Healed 'Incurables'. George had been discharged from the Army as inoperable and incurable. He came to Gerson with one eye closed, the other affected, and his neck and head bent over from a huge tumor on the back of his neck that was growing into his brain. George is still here 36 years later in good health — salty language and all — after his life as a longshoreman on the New Jersey waterfront. He would be a model for those 'tough, but oh, so gentle' ads, if you've seen them. George is case No. 35 in Dr. Gerson's *A Cancer Therapy - Results of 50 Cases* so you can see the X-ray pictures of his head.

Another of our Convention's 50 Healed 'Incurables' from those days is Virginia Golden, case No. 12 in the book. With her melanoma spreading rapidly after her second operation, her husband was told to take her home and try to make her comfortable for the maximum predicted three months of life she had. She then went to Dr. Gerson (1946). Virginia still remains in excellent health 35 years after her recovery from 'hopeless' melanoma. She is a voice teacher in Birmingham, Ala.

"I had the honor to demonstrate in the Senate Sub-Committee in July, 1946, five restored cancer patients given up by leading clinics. It was the first time a physician demonstrated with patients in the Senate of the United States."

George Gimson just described above was one of those healed 'incurables' Dr. Gerson presented before Senator Claude Pepper's committee on July 3, 1946. Dr. Gerson's testimony at that Senate hearing appears in the book *Has Dr. Max Gerson a True Cancer Cure?* (see book list).

Probably the reader can fairly accurately guess the reaction of the American Medical Association. The Journal of the A.M.A. for Nov. 16, 1946 in its "Frauds and Fables" category

dismissed the unprecedented demonstration<sup>16</sup> and the Gerson Therapy by stating "Fortunately for the American people this presentation received little, if any, newspaper publicity." The A.M.A. Journal for Jan. 8, 1949 stated in relation to the Gerson Therapy "There is no scientific evidence whatsoever to indicate that modifications in the dietary intake of food or other nutritional essentials are of any specific value in the control of cancer."

Thirty years after the July 3, 1946 hearing more hearings were held in July 1976 by the U.S. Senate Select Committee on Nutrition and Human Needs. These were the top senators from the entire U.S. Senate (McGovern, Kennedy, Dole, Schweiker, Humphrey, Cranston, Talmadge, Bellmon, Hatfield, Nelson and Percy). In their successful effort to squelch the admirable dietary goals proposed by the U.S. Senate Select Committee, the A.M.A. progressed backwards from their 1949 position stating "There is no proof that diet is related to disease" (not just cancer).

Many well-informed people and physicians recognize the transparent deceitfulness of that A.M.A. statement. These people and physicians know that (1) drugs, surgery, and radiation have never eliminated any chronic, degenerative disease from civilization (2) primitive people who do not use refined, processed 'civilized' foods usually have little or no chronic, degenerative disease, and (3) the only chronic, degenerative diseases that have ever been solved, have been solved only by dietary factors. These solved diseases are the dietary deficiency diseases. Severe deficiency of several vitamins or minerals can cause death. The principal nutritional deficiency diseases and their associated vitamins are: beriberi (vitamin B1), pellagra (vitamin B3), pernicious anemia (vitamin B12), rickets (vitamin D), and scurvy (vitamin C). Two centuries after scurvy was found to be curable and preventable by the proper food (food containing vitamin C), the top



## MORE OF THE 50 HEALED 'INCURABLES'



**EDMUND BRAUN, 58, Widespread Embryonal Cell Carcinoma (Case No. 11, *A Cancer Therapy*)**

Ten years after exposure to atomic radiation at Los Alamos, had enlarged glands in right groin, Aug. 1955. Right testicle removed, biopsy: embryonal cell carcinoma. In March 1956, X-rays showed metastatic nodules in chest. Extensive radiation to back, chest and mediastinum. March 1956, X-rays showed metastases in both lungs, sent home with hopeless prognosis.

Started Gerson Therapy at Dr. Gerson's clinic in April, 1956. Next X-ray showed lung tumors disappearing. October, 1957, went back to work and remains well after 25 years.

### J.J., 31, Systemic Lupus

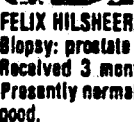
Lupus erythematosus diagnosed April 1979. Started on cortisone treatment & experienced brief response. Lupus continued to flare up more and more aggressively. Tried cortisone cream on lupus lesions with little result. Started Gerson Therapy in Oct. 1979 with good response. The primary lesion — a deep depression — has filled in, is almost unnoticeable. Lupus is stopped. She has gained weight which was impossible for years. Feels better than she has since her teens.



**ELDON SINNAMON, 48, Metastasized Malignant Lymphoma** In 1975 nodules in right groin area. Excision and biopsy made, diagnosed as malignant lymphoma. Lymphangiogram showed paraortic glands and those in groin involved, also mass in abdomen. Frequent diarrhea, indigestion and hemorrhoids. Started Gerson Therapy January 1980. Is in good condition, lymph nodes and masses gone, digestive upsets gone.



**DEBBIE DOLE, 29, Spreading Melanoma** Mole on arm, biopsied; Melanoma. Deep excision done February 1978. Five months later, now tumor under arm. Refused suggested additional surgery. Started Gerson Therapy August 1978. Tumor disappeared in one month; remains in good condition, good energy, no recurrence.



**FELIX HILSNEER, 78, Prostate Cancer** Biopsy: prostate cancer. Elevated alkaline phosphatase, catheter for urinating. Received 3 months of female hormones. Started Gerson Therapy Aug. 1980. Presently normal, recent biopsy negative; no need for catheter, is stronger, feels good.

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17

## THIS WAS YOUR LIFE, DR. GERSON

cont d from page 16

medical brains in Europe were still trying to find the drug to cure scurvy. Of course, they could never find it because there was no such drug.

With the help of enough people, such as the reader, the time span between the discovery and general use of methods for healing and preventing today's major killing and crippling diseases will not greatly exceed the half century just past.

Let's return to Dr. Gerson's life after his July 3, 1946 U.S. Senate hearing before Senator Pepper's committee. All during the 1940's he continued to develop and improve his therapy, particularly for cancer. He suffered many heartbreaks along with the successes. His book *A Cancer Therapy* describes some of them. For instance, on page 211 "I had several other setbacks: the worst was the loss of 25 patients of 31 who were just a few months symptom-free and to whom I had administered the opposite sex hormones to give them strength in accordance with the initial findings of Dr. Charles Huggins. The first five patients felt so much better within a few weeks, and this misled me. This disaster threw me into a deep depression. I almost lost the strength to continue this cancer work, as the worst blow of all was the loss of my young hopeful friend, J.G. [his father, author John Gunther (Inside Russia, Inside U.S.A., etc.) told Johnny's story in *Death Be Not Proud*] who was treated by more than fifteen cancer authorities and given up with a prognosis for a few weeks. However, after a recovery within eight months, I agreed to let him have some sex hormones (demanded by other doctors). Six weeks later the brain tumor regrew, histologically, an astrocytoma. He was returned to the former treatment and died."

"The book by John Gunther *Death Be Not Proud* states that my treatment was effective where all other conservative methods failed. In the book by Prof. Ferdinand Sauerbruch, "*Das War Mein Leben*" (This Was My Life), the prominent surgeon of Germany and Europe, devoted one chapter to my treatment (page 363).

I also treated Prof. Albert Schweitzer, his wife and daughter. He required that his physicians in Lambarene, Africa, study my tuberculosis book before they started to treat the patients in his hospital."

In 1948 at age 66 Dr. Gerson was able to open his first in-patient treatment facility in 15 years at West Point Farms near Highland Falls, N.Y. In 1950 a larger Gerson Therapy center in Nanuet, N.Y. replaced West Point Farms. Also, in 1950,

he moved his office to 815 Park Avenue, New York City, for the remainder of his life.

"October 1952 - Lecture and demonstration of results with my cancer treatment at the Cancer Conference in Berchtesgaden, Germany, by invitation."

At this lecture, Professor Werner Kollath inscribed a book to Gerson: "With gratitude for your Doctrine: Incurable Is Curable."

"October 1952 - Lecture and demonstration, by invitation, in the University Clinic, Zurich, Switzerland.

May 1953 - Lecture and demonstration, by invitation, at the meeting of the American Academy of Nutrition in Pasadena, California."

"I had the honor to demonstrate in the Senate Sub-Committee in July, 1946, five restored cancer patients given up by leading clinics. It was the first time a physician demonstrated with patients in the Senate of the United States."

"The fundamental part of my work has been, and is, to put mineral metabolism in the foreground. By increasing the potassium content by means of selected foods with saltless preparation and additional potassium medication, I succeeded to prevent, as far as possible, the further loss of potassium and the invasion of sodium into the poisoned tissues. As each sodium molecule needs 21 molecules of H<sub>2</sub>O to be kept in solution, edema follows the invasion of sodium. The consequences of the edema are highly dangerous for the function of the cells, resistance and life, because:

- 1) pH is changed to the alkaline side
- 2) electrical potentials are lowered
- 3) exchange towards blood and lymph is diminished
- 4) toxins and waste products are accumulated, etc.

The prevention of edema (Na, Cl, H<sub>2</sub>O), in the cells and the maintenance of potassium and the minerals of the potassium group in the cells remain the basis of the Gerson treatment in acute and chronic diseases. Sodium and the minerals of the sodium group have to be kept mainly outside of the cells, in serum and lymph, where they belong (extracellular). That is the foundation on which the natural defense and healing power can be brought into function in all degenerative diseases including cancer."

But time was running out for Max Gerson and he knew it. His somewhat weak constitution, time itself, and the attrition from long years of harassment by the Establishment Opposition to Progress — all were gradually taking their toll in spite of Gerson's intense motivation to establish and improve his natural methods for healing and preventing disease.

In October 1954 at age 73, Dr. Gerson wrote to his former patient and close friend of many years, Dr. Albert Schweitzer:

"Those who say they would like to help, often tell me they cannot. They regret not being able to assist me for fear of losing their position in hospitals and laboratories. I have long abandoned thoughts of attaining any kind of recognition, nonetheless I continue on my way . . ."

All during the 40's and 50's Dr. Gerson worked continuously to improve his therapy, to help as many hopeless patients as he could, and to build a large file of well-documented case histories. He planned a book on his therapy. He kept pushing to improve his therapy, not only because he wanted to help his patients, but because he wanted to leave for posterity the very best therapy he could get developed during his lifetime.

His work load was tremendous. At any one time he was usually managing the cases of some 30 in-patients at Nanuet plus the cases of hundreds of people who had already gone home to continue the therapy. He maintained a busy practice in his Park Avenue office. Usually at least 3 or 4 out-patients on the therapy were waiting in his office. He worked on his book whenever he could. He kept himself available for lecturing about his therapy. He maintained a large volume of correspondence from all over the world.

## MORE OF THE 50 HEALED 'INCURABLES'



**MARILYN EDWARDS**, Spreading Melanoma  
Dec. 1977, pain, bloating, weariness. January 1978, pain increased, February biopsy showed "Spreading malignant melanoma." City of Hope suggested deep excision, mutilating operation refused. Biopsy wound never healed. UCLA doctor urged immediate deep excision as only chance for survival; refused. Started on laetrile 3 1/2 weeks, went home still in constant pain.

Started on Gerson Therapy March, 1978. Within 4 days wound closed; pain disappeared. Continues in good health and energy 3 1/2 years.



**JOSEPHINE MERHAR**, 58, Uterine Cancer (declared terminal)  
Excessive uterine bleeding noted Oct. 1978. Had D & C Nov. 17, uterus twice normal size, biopsy showed cancer in wall of uterus, hysterectomy advised; refused. Started Gerson Therapy Dec. 1978 over violent protest of physician who threatened that she would die within the year. Feels very well, with better energy than for a long time.



**GAIL ALLEN**, 33, Recurring Giant Cell Bone Sarcoma (declared terminal)

When Gail was 7 years old, lump on the left lower fibula removed and biopsied: Giant cell sarcoma. One year later, pain recure and tumor is back. Doctor recommended leg amputation - not to eliminate cancer, but to help pain from becoming unbearable! Operation refused.

Started Gerson Therapy June 1957. In one week, tumor was reduced by half; pain was almost gone. December 1957, tumor reduced to size of walnut, bone had hardened. Patient continues in good health and activity 24 years later.



**MILDRED KIEHL**, 67, Adenocarcinoma  
April 1978 noticed spotting. Biopsy of uterus showed endometrial adenocarcinoma. Radiation followed by hysterectomy recommended; refused. Started Gerson Therapy May 1979. In May 1981, due to severe prolaps, uterus removed. Biopsy showed benign post-menopausal endometrium, no malignancy observed. Patient remains well and has good energy.

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The biggest handicap to all of his work was the Establishment Opposition to Progress, particularly by the American Medical Association.

He wanted good documentation for all of his recovering patients to be done by recognized outside laboratories, doctors, or hospitals because he could be accused of intentional misrepresentation if he did his own testing. The Medical Association applied pressure for all testing laboratories, hospitals, and other doctors to refuse to do any work with Dr. Gerson. Medical testing laboratories were threatened with a boycott of business from all other doctors if the lab did Gerson's work. Very few doctors and laboratories had the courage to buck the Medical Association. No hospitals did.

In this manner Dr. Gerson lost all of his hospital privileges so he could take none of his patients into any hospital for intensive care or for any testing.

Most disheartening and so terribly important was that he could never teach his methods to the young eager medical doctors who wanted to learn and who could have carried on his work for the benefit of mankind. Dr. Gerson wanted to teach young doctors and many young doctors wanted to work with and learn from Dr. Gerson. Several young doctors at various times began working with Gerson. In each case the young doctor was approached by the A.M.A. within a few days of starting work and warned that if he didn't leave Gerson, he would not be able to get any hospital privileges anywhere or be able to get testing done by any laboratories. In each case, the young doctor had to leave Gerson. Perhaps this will answer those people who ask why Dr. Gerson never taught any doctors to carry on his work.

Dr. Gerson lost his malpractice insurance. How could an insurance company defend a malpractice suit against Dr. Gerson if, as lobbied for by the establishment, malpractice by law is judged not by results but whether or not a therapy, no matter how good, is the accepted practice in the community? The fact that not one of Dr. Gerson's thousands of patients ever brought a malpractice suit against him speaks volumes. One large malpractice judgement, even only a \$100,000 one, could have wiped out Dr. Gerson and his practice, yet he had the courage to accept thousands of dying patients. Of course, many of them did die. However, many of them were saved when they were otherwise hopeless. That was his gratification and his motivation and ours. Of those who did die, they and their families knew the patient often died

with dignity, without narcotics and without the narcotic stupor and pain that usually blocks out emotional closeness in the last days. These understandings and seeing amazing results in other cases and seeing Dr. Gerson's obvious dedication to his cause were the reasons he was never charged with malpractice.

Often new patients coming to Dr. Gerson expressed surprise, even shock, when they found the charge for their first visit was only \$25 and \$5 or \$10 for subsequent visits, very much in line with doctor's fees in New York at the time. They had often been told that Dr. Gerson's charges were an exorbitant \$1,000 to \$2,000 per visit. Their surprise and shock was not only at the much lower fees but at the lies their previous doctor or the A.M.A. or the American Cancer Society had told them and at their own gullibility in believing them.

Many of Dr. Gerson's best documented recovered patients were lost when they received notices to return to their previous doctor for a checkup. The previous doctor convinced them that they needed his 'preventive' surgery or radiation *even though no symptoms or evidence of cancer were present*. These patients died for their blind faith in their doctors and the medical establishment when they accepted the damaging surgery and radiation. They died for what they believed in.

Continual harassment by the Establishment Opposition to Progress, particularly by organized medicine, took his time and energy but Gerson kept on trying to get their cooperation anyway.

Five times the New York County Medical Society investigated him.

Gerson publicly presented the 5 recovered patients before the July 1946 U.S. Senate committee.

In February 1947 at the request of the N.Y. County Medical Society, he presented 14 recovered cancer patients with X-rays and other medical proof of his therapy.

On invitation, he published articles, prepared 40 cases with documentation and was allowed to demonstrate 20 of these cases before the Cancer Congress in Berchtesgaden, Germany, in October 1952.

Then he was invited to present more cases in Zurich, Switzerland.

He made numerous other presentations of his recovered cases.

In 1953 censors of the N.Y. County Medical Society requested him to show his films and records again. These were returned to him with a letter from the Society.

The book *Has Dr. Max Gerson a True Cancer Cure?* shows copies of these and other Gerson letters to and from the Medical Society — and much other documentation as well that is too extensive to include here. That book is available from the book list.)

In October, 1954 the Medical Society again requested films and records. Gerson's responding letter offered to present the films and records *and the patients*. He again asked for the right to publish and demonstrate cases.

Gerson kept on submitting articles to the AMA for publishing in their Journal. The rejection slips kept piling up. Gerson reported his efforts to publish in the Journal to the County Medical Society. Gerson did manage to get some 15 articles published in the U.S. and Europe but the AMA kept rejecting his articles.

Gerson was invited to appear on a several hours long radio talk show by popular talk show host Long John Nebel. The response from the public was huge and enthusiastic (Audio tape recordings of that talk show are available at the convention).

The response from the Establishment Opposition to Progress was enthusiastic and immediate also. Long John Nebel was fired from his job the very next day and the radio network was threatened by the AMA. (see the article on Communication Control in this issue of HEALING).

Gerson was accused by the AMA and the County Medical Society of keeping his method secret and of not publishing his 'secrets' (he had none).

Gerson was accused by the AMA of "advertising" his methods. Other doctors had appeared on the same show and were not censured by the AMA. It appeared that only when opposing views were expressed would the AMA take suppressive action.

The AMA and the American Cancer Society kept the Gerson Therapy listed with their "frauds and fables" and "unproven treatments". They said diet was of no value in the treatment of cancer (in 1977 the AMA said there is no proof that diet has anything to do with any disease).

The N.Y. County Medical Society refused to release the results of any of their 5 investigations to Gerson or anyone else. They kept telling the public that Gerson was under investigation and referred inquiries to the AMA and the American Cancer Society.

The Medical Society suspended Gerson's membership for advertising (his 'secret' treatment).

cont'd page 19

## MORE OF THE 50 HEALED 'INCURABLES'



**EDWARD LEE DOWD, 55, Metastasized Melanoma (Case No. 14 of A Cancer Therapy)**

Had small mole on back of neck for many years. 1954, it started to grow. Was removed, biopsy: melanoma, metastasized. Surgeon recommended radical neck dissection as well as both axillae. Refused. May 1954 started Gerson Therapy at Dr. Gerson's clinic. In a few weeks glands and nodes disappeared. After 7 months, patient discontinued therapy and recurrence developed on right nipple. Returned to strict therapy; was completely healed after 15 more months on Gerson Therapy. Remains well 27 years later.

**JOHN WILLIAMS, 40, Pancreas Tumor, Arthritis**  
Pancreatitis in 1971. Dec. 1978, pain. Mayo Clinic x-rays showed tumor at head of pancreas. Lost 50 pounds in preceding 5 months down to 135. Arthritis in fingers. In December, 1978, tried Kelley therapy with intensive supplements. Caused severe increase of pain, discontinued. Started Gerson Therapy June 1979. In three days arthritis in fingers gone. Tumor in abdomen reduced rapidly, not palpable in 10 weeks. Now working steadily, weight 155-160, good energy, no disturbances.



**JULIE KLINDWORTH, 35, Systemic Lupus**

Oct. 1979, sore joints. By November, on large amounts of Metrin and Indosin—with no relief. Every joint in body swollen and painful, couldn't dial push button phone, could hardly swallow. After hospitalization 10 days, on 30 aspirin, in worse condition than entering. By Christmas, appointment at Mayo Clinic, SLE (Systemic Lupus Erythematosus) diagnosed and they stated that there was nothing they could do. They warned against a "quack diet". Started Gerson therapy January 1980; improved from first day; after one month could go shopping, after three months, could drive car, care for home. Is now in excellent condition; M.D. said "Complete clinical remission" without drugs.

**MAUREEN BINNEY, 73, Spreading Melanoma**  
July 1980, noted lump on neck. Her physician sent her to specialist at City of Hope. He attempted to remove tumor, but couldn't "get it all". Biopsy: Melanoma. Refused more extensive surgery to try to remove remaining melanoma. Started Gerson Therapy in early September, 1980. At that time had swellings on both sides of neck, large tumor at operation site. Swellings went down quickly; lump is presently size of pea, possibly calcified scar tissue. Has good energy, is feeling well.

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## 19 THIS WAS YOUR LIFE, DR. GERSON cont'd from page 18

In the early 1950's, long after Gerson's numerous public demonstrations of recovered patients before the Senate and other groups, records of 5 of Gerson's recovered cancer cases were presented to the National Cancer Institute requesting only an official investigation, not funds. The medical chief of the National Cancer Institute after considerable delay said the 5 cases were insufficient to warrant investigation (this was his response to proof of nutritional healing of cancer).

The medical chief said 25 cases would be required to justify investigation (he thought Gerson couldn't produce 25).

Gerson quickly organized and submitted the 25 cases with full medical documentation.

Then silence. The National Cancer Institute refused to acknowledge or answer requests for a response.

Finally, after more than a year had passed, the National Cancer Institute demanded 125 cases saying the 25 cases (that they had previously requested) were insufficient to justify any action or investigation.

These constant delaying tactics against available methods requiring no funding came from the main government agency publicly charged with finding a cure for cancer — while that agency spent billions continuing to support the ineffective orthodox treatments of the medical-pharmaceutical-government complex.

Three decades later — and tens of billions of dollars and millions of cancer deaths later — the same complex (of organized medicine, pharmaceutical companies and their controlling petro-chemical corporations, and their interlocking relationships with their handpicked administrators in all government health agencies — H.E.W., National Cancer Institute, and the FDA) is still using and researching the same fruitless methods for trying to cure cancer. (The AMA blocked the appointment of one secretary of Health, Education, and Welfare.)

In these same three decades the rate of cancer incidence and the cancer death rate have both continued to increase at almost an epidemic rate.

We at the Gerson Institute  
ask for your support

## SPEAKERS AND HEALED 'INCURABLES'



**EYDIE MAE HUNSBERGER**, Mother and Grandmother, became a cancer victim and refused the treatment offered by orthodox medicine. She embarked on a natural healing program and recovered her health completely. She continues to lead a busy life of writing and lecturing. She has appeared on radio and TV programs and written a best selling book, *Eydie Mae — How I Conquered Cancer Naturally* — which will also be the title of her talk.



**MARILYN DENT**, 49, Pain, Migraines, Tachycardia, Narcotics 11 operations in 11 years including hysterectomy, exploratory, emergency bladder operation—resulted in severe injury to femoral extension of sciatic nerve. Constant severe pain, sharp intermittent pain from head to feet. Narcotics constantly for 1½ years. Valium 5-15 mg for 3 years. Constant migraine headaches. "Nervous Breakdown". Confined to psychiatric ward for six weeks. Drug dosage of Elavil caused tachycardia. Hypoglycemia diagnosed. Started Gerson Therapy in October 1977. Now in good condition, off all drugs, on fairly normal diet, leads normal life.



**MARY LEE RORK**, Speaker and 'Healed Incurable'. Many appearances before health groups, TV and radio audiences. Right eye removed 1973; lacrimal gland carcinoma. Post-operative radiation (6000 rads). X-rays showed widespread recurrence in both lungs, biopsied, 1975. Given 6 months to live. Refused chemotherapy. Began Gerson Therapy, 1976. With indomitable will and faith, she used the Gerson Therapy to heal her body. Now she uses the same to help others. Her talk: *From Death to Life—My Conscious Choice*.



**JIM WINER** was born in Pittsburgh, Pa. Graduated from Brandeis University and studied at the University of Paris. Travelled widely studying health and natural healing therapies. He has written health columns for magazines and newspapers, lectured, taught physical fitness and responsibility for one's own health. Presently is instructor at Hippocrates Health Institute. He will speak on *The Role of Diet in Physical and Mental Degeneration*.

(Although the Gerson Institute always recommends medical supervision of cancer patients, several of the Healed 'Incurables' presented at the current convention recovered from hopeless cancers just by following the book. Why can't the National Cancer Institute do the same for the hopeless dying patients in their research programs?)

There was evidence of other skulduggery perpetrated against Dr. Gerson.

On two occasions Gerson became violently ill after being served coffee by a group supposedly supporting him. Later laboratory tests showed unusually high levels of arsenic in his urine. Some of Gerson's best case histories mysteriously disappeared from his files. In 1956 the manuscript and all of its copies for Gerson's almost completed book were stolen and never recovered.

At that time Gerson isolated himself from that group. Then he raced against time (he was now 75) to completely rewrite the book in the face of his advancing years. In 1958 Dr. Gerson finally succeeded in publishing his classic book *A Cancer Therapy — Results of 50 Cases* (available from the book list).

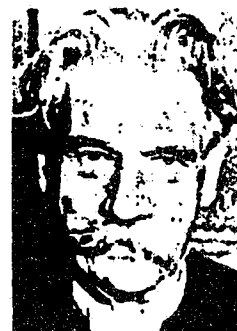
In the Fall of 1958 at age 77 Dr. Gerson's health was noticeably failing. In February 1959 Dr. Gerson — on seeing X-rays of his own lungs showing tissue breakdown (holes, not tumors) — said he could not live long with those lungs. Tuberculosis tests were negative.

Dr. Gerson realized that he would never finish his next book, then under way, presenting 100 more recovered hopeless cancer cases.

Dr. Gerson saved Mrs. Schweitzer from hopeless lung tuberculosis in 1931 and healed their daughter of a rare serious 'incurable' erupting skin condition that defied diagnosis. Dr. Schweitzer himself came to Dr. Gerson at age 75 depressed and weary with advanced diabetes. In a few weeks Dr. Schweitzer was completely off his heavy insulin dosage, healed very well, had new energy and optimism and returned to Africa where he worked past age 90.

Max Gerson died on March 8, 1959. The death certificate said chronic pneumonia. The final insult of the medical establishment occurred when they spread the lie that Dr. Gerson had died of cancer. Two months after his death the New York Academy of Sciences invited Dr. Gerson to become a member.

## Tribute



Dr. Albert Schweitzer

"...I see in him one of the most eminent medical geniuses in the history of medicine. He possessed something elemental. Out of deepest thought about the nature of disease and the process of healing, he came to walk along new paths with great success. Unfortunately, he could not engage in scientific research or teach; and he was greatly impeded by adverse political conditions. In ordinary times he would have been able to expound his ideas for many years as professor at one of the important German universities; would have taught pupils who could carry on his research and teachings; would have found recognition and encouragement... All this was denied him.

His was the hard lot of searching and working as an uprooted immigrant, to be challenged and to stand as a fighter. We who knew and understood him admired him for working his way out of discouragement again and again, and for undertaking to conquer the obstacles..."

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20

## Tribute From London

Letter and verses in tribute to Dr. Max Gerson on the centennial anniversary of his birth.

London, August 20, 1981

Socrates and Jesus Christ were put to death publicly as blasphemers, and so have been many who dared to oppose the most notorious abuses of the mind and body of man. But persecution is not refutation, not even triumph.

Dr. Max Gerson was probably happier with his patients and in the seclusion of his study and of his heart, than the most despotic of his assailants could ever be in their palaces of glass and alchemy. His work has indicated a way towards the understanding of the physical and mental sanity, or insanity, of mankind that goes far deeper than any interpretation given by the philosophers.

Dr Gerson's suffering for conscience sake, the records of his extraordinary successes, and his incredibly courageous and lonely fight against the forces of organized medicine will in due time make more proselytes than the betraying of those who in their oath "First do no harm", insult the world, exemplify the name of Hippocrates. The line of defectors from orthodox thinking has already begun.

As an ex-Gerson patient myself, and in the fashion of the poets of antiquity, with these occasional lines I wish to extend a thought to the numberless legions of those who died in vain, their families and all men of good will who tried to help and were defeated. My lines of tribute are addressed to them, to Dr. Max Gerson, and to the many Gerson patients that right now are struggling in solitude.

I have no wish to trample on the dishonoured, but it would be well if the adherents to cliques from whence the tyrants spring abated a little of the technological arrogance which, applied to man, as opposed to machines, has already become the longest standing crime against mankind.

Giuliano Dego  
University of London (England)



Giuliano Dego was born in Italy but for many years has taught Italian literature in British universities. A well known Italian poet, he has published several volumes of poetry, two novels and works of criticism in Italian and English. He is a literary critic for The Times of London and two major Italian newspapers as well as several literary magazines. A former Gerson patient, he is currently working on a biographical novel about Dr. Max Gerson.

The 37 octave poem booklet available at the convention.

### The Genial Seed by Giuliano Dego

excerpts from the epic poem:

Of alchemy, the medicine of state,  
of turning chemicals to gold I sing;  
of days when men think cancer is their fate —  
and once they have it, cannot do a thing —  
In wars we've burned men live upon a grate,  
in peace they do it in the X-ray wing.  
Ye tinsel insects, whom the people pay,  
the wing of Truth will brush your webs away!

Satire's my weapon, but I'm too discreet  
to run amuck and tilt at all electors.  
I'll make a pact with everyone I meet:  
no pity for the sharpers and the hectors,  
no deference or tact for the élite —  
especially the medical directors.  
Racked with arthritis, martyred with the stone,  
We've suffered too much pain — and cried alone.

the closing octaves

No, he was not alone. Around him grew  
a tribe, as well, of patients pure of heart,  
whose illness, once reversed, brought life anew.  
No scalpel, pill or death-ray left a trace  
upon their zeal. But you can sometimes view  
the scars of cancer on their limbs or face.  
They are a sign ex-patients wear with pride.  
It helps them teach the limping how to stride.

Action is in their will, rest in their slumbers,  
true knowledge guides them in their daily toil.  
They help, as best they can, in growing numbers,  
and pity in their hearts finds ready soil.  
Money which stings, a conscience which encumbers,  
with cured "incurables" divide no spoil.  
With Nature's hands they nurse the vital flame,  
make languor smile and racing fear grow tame.



PEGGY STRAUS was also born in New York, studied at the Rudolf Steiner School and at Forest Hills High School. She graduated from Jackson College (Tuft's University), in Boston. She studied voice at the Royal College of Music in London. She continues to live in London. She was always interested in her grandfather's work, spent some time with the Gerson Institute, and lectures in England on the Gerson Therapy. She will speak on the *Gerson Therapy in England*.



HOWARD D. STRAUS, Treasurer of the Gerson Institute, is Charlott Gerson's son. Graduated from the Rudolf Steiner School in New York and from M.I.T. Designs computer programs. Interested in music. Member, Carmel Bach Festival Choir for several years. Obtained his black belt in Karate. Enjoys sports. In his early life with Dr. Gerson, he saw cancer patients cured. He says he was almost 17 before he found out that cancer is supposed to be 'incurable'. His subject: *Life with Dr. Gerson and Meeting with Albert Schweitzer*.



JAQUIE DAVISON, Speaker and Healed 'Incurable'. At 36, discovered first lumps. In spite of rapid spreading, refused orthodox therapies because of the terrible results she had seen around her. In 1975 tumors all over, (melanoma biopsied) told that she had no more than 3 weeks to live. With her family's help, followed *A Cancer Therapy* to full recovery. Wrote of her experience in *Cancer Winner*. Lectures widely and will speak on *How I Cured Myself of Hopeless Melanoma*



YVONNE NIENSTADT, 28, Coloratura Soprano & 'Healed Incurable'. Career interrupted after Minneapolis debut by severe asthma (4+) at age 19. Estrogen for acne at age 13. Frequent antibiotics for bronchial & bladder infections. Spinal impaction in car-bike crash shortly before asthma onset. 1972. Herbs, juices, raw foods helped, but did not cure. Began Gerson Therapy 1977. Now well. Resumed studies and, as you will hear, is beginning a wonderful career.

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**MORE OF THE 50 HEALED 'INCURABLES'**



**CAROL RENICK, 21, Nodular Sclerosing Hodgkin's Lymphoma**  
Swelling in neck. October 1980, operation removed suprasternal mass. Diagnosis: Nodular Sclerosing Hodgkin's Lymphoma. Because of sister's death from bone cancer at age 17 following radiation and chemotherapy, Carol refused chemotherapy.  
Started Gerson Therapy Nov. 1980. In late December, her doctor re-examined her and found no evidence of disease. He was unable to explain natural healing, and exclaimed "Religious miracle". Carol continues Gerson Therapy, is doing well with good energy and no evidence of disease.



**GARY HEATON, 38, Multiple Sclerosis**  
Multiple Sclerosis diagnosed 1973, numbness in hands and arms, hypersensitivity to pain. Deterioration continued. By March 1977, symptoms were loss of bladder control, extensive numbness in arms and legs, poor coordination, double vision, occasional falling. Couldn't walk straight or feel feet. Guided right hand with left to write. Doctor said, "Learn to live with it." Expected wheel chair soon. Began Gerson Therapy March 1977, greatly encouraged when tingling replaced some numbness. Indicating reversal of MS. Now feels great, skateboards, skis, tap dances.



**JEAN MAGNUSSEN, 29, Metastasized Thyroid Cancer**  
In 1970, after 1 year of college, found a small lump on neck. Biopsy showed cancer of thyroid with metastases to lymph nodes. September 1970, total thyroidectomy and radical dissection of nodes. Continued schooling. In 1977, routine check with needle biopsy showed recurrence of same cancer. More surgery advised, refused. Exhaustion, dizziness, severe backaches, depression. Started Gerson Therapy in January 1978. After 3 weeks, had more energy, more alert, January 1981, helping others, good energy, continues in good condition.



**J. CRAWFORD COMPTON, 82, Spreading Cancer**  
In 1943, sore left lower lip wouldn't heal. Long Island College Hospital diagnosed the sore as malignant. Operation and radiation achieved healing. 3 or 4 years later recurrence on right lower lip. Healed after radiation. 1953 recurrence and Long Island College Hospital doctors concurred that half of his chin would have to be removed. Patient refused this mutilating operation and went to Dr. Gerson's clinic. In 2 weeks he showed a marked improvement and healed completely within 2 months; remains well and active in business at age 82.

**PLEASE JOIN US . . . WE COMMUNICATE HEALTH**

With the opening of the first Gerson Therapy convention in San Diego in October 1981, we are projecting our minds into the future of world health through natural healing. In 1959 Nobel prize humanitarian Dr. Albert Schweitzer wrote:

"... I see in Dr. Max Gerson one of the most eminent geniuses in medical history" Max Gerson, M.D. proved thousands of times that nature heals and maintains health, once we understand it and maintain a feeling for the basic principles of nature.

Join us, communicate with us, help yourself and your fellow man to understand and feel the balance of nature, of which we are a part.

Only knowledge and communication can bring about public awareness and public demand to reverse the trend, which damages and poisons our food, our water, our earth and our air.

Your tax deductible membership brings you the quarterly Gerson Institute Journal HEALING with news and editorials of health and natural healing. The journal also lists books, lecture tapes and instructional Gerson Therapy material and interviews on video tape cassettes.

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healed up to 40 years of 'incurable' diseases such as advanced cancers, severe arthritis, multiple sclerosis, lupus, asthma, diabetes, heart disease, epilepsy, arteriosclerosis, kidney disease, mental disease, etc.

● **LECTURES BY 20 NATURAL HEALING EXPERTS**

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