



# HEALING NEWSLETTER

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THE GERSON INSTITUTE

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## OXYGEN (PART TWO)

"Millions of experiments in man, through the effectiveness of some vitamins, have shown that cell respiration is impaired if the active groups of the respiratory enzymes are removed from the food; and that cell respiration is repaired at once, if these groups are added again to the food. No way can be imagined that is scientifically better founded to prevent and cure a disease, the prime cause of which is an impaired respiration"(1).  
--- Otto Warburg (Nobel Laureate in Medicine for 1931 and again in 1944).

Cell respiration is the combination of oxygen with various substances in cells resulting in the formation of CO<sub>2</sub> and H<sub>2</sub>O and energy.

Foods which have been refined or processed tend to be deficient in health promoting factors, some of which are vitamins. Inhibition of cell respiration is easily caused by diets which contain only refined, processed foods.

In fact, enzyme systems which protect cells against chemical carcinogens are depressed by refined diets, creating a double jeopardy for cells whose respiration is impaired by such diets. Although carcinogenesis is not understood by science, basic observations confirm that all cancer cells have impaired respiration. Cells with impaired respiration are logically at risk of becoming cancerous. The loss then of carcinogen detoxifying enzyme systems like microsomal monooxygenase oxidase (which is greatly depressed by a refined diet) must leave the cell at great risk of becoming malignant.

Lee Wattenberg of the University of Minnesota conducted a series of experiments (2, 3) revealing that a purified chemical diet of protein, starch, corn oil, salt and vitamins depressed liver detoxification enzymes 100%. On the other hand, Wattenberg and colleagues found that cruciferous vegetables are potentiators of microsomal monooxygenase oxidase (4).

Warburg wrote in 1966, "During the cancer development the oxygen-respiration always falls, fermentation appears, and the highly differentiated cells are transformed to fermenting anaerobes, which have lost all their body functions

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and retain only the now useless property of growth. Thus, when respiration disappears, life does not disappear, but the meaning of life disappears, and what remains are growing machines that destroy the body in which they grow."

Cell respiration occurs in the mitochondria, microscopic filaments in cells which are effectively power plants which produce energy stored in the phosphate bonds of the enzyme adenosine triphosphate (ATP). Mitochondrial oxidation of sugar, which requires respiratory enzymes supplied by food, produces energy (in the form of ATP) for most energy requiring functions of the body. The health of mitochondria is dependent on the supply of micronutrients from food. It is also dependent on cellular ion concentration which provides appropriate environment for mitochondria to function. For example, when cell ion concentrations are altered in susceptible individuals by high sodium, low potassium diets and/or toxins or damage of any kind, "production of ATP by mitochondria will be adversely affected, which will decrease ATP concentration, which will intensify the disturbances in cation association and water structuring, which will further impair mitochondrial ATP production, and so on in a cycle of destruction" described by Freeman W. Cope as the tissue damage syndrome (5).

Correct nutrition, then, is essential for normal cell respiration. Recent publications and press releases from the National Cancer Institute and the American Cancer Society have stressed the cancer preventive value of correct diet. Of the two groups, the American Cancer Society's recommendations more accurately reflect important medical findings of the twentieth century. The American Cancer Society has recommended a diet rich in fruits, vegetables, and whole grains, with reduced fat, sodium, and protein intake, which avoids additives and urges moderation in alcohol consumption. Such a diet would supply the respiratory enzymes of Warburg, contain the detox enzyme enhancers of Wattenberg, and avoid the ion changes of Cope. It is important to note that Max B. Gerson antedated the recent recommendations of NCI and ACS by forty years with a preliminary report regarding the management of existing cancers in man by diet therapy (6).

Indeed, the beneficial effects of a diet rich in vegetables have been noted numerous times in writings passed down to us through the ages. Worth reproducing in its entirety is the following section of a Biblical Old Testament book written approximately 160 BC, entitled, "Daniel":

"In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon marched on Jerusalem and besieged it. The Lord delivered Jehoiakim king of Judah into his hands, with some of the furnishings of the Temple of God. He took them away to the land of Shinar, and stored the sacred vessels in the treasury of his own gods.

The king ordered Ashpenaz, his chief eunuch, to select from the Israelites a certain number of boys of either royal or noble descent; they had to be without any physical defect, of good appearance, trained in every kind of wisdom, well-informed, quick at learning, suitable for service in the palace of the king. Ashpenaz himself was to teach them the language and literature of the Chaldeans. The king assigned them to a daily allowance of food and wine from his own royal table. They were to receive an education lasting for three years, after which they were expected to be fit for the king's society. Among them were Daniel, Hananiah, Mishael and Azariah, who were Judeans. The chief eunuch gave them other names, calling Daniel Belteshazzar, Hananiah Shadrach, Mishael Meshach, and Azariah Abednego. Daniel, who was most anxious not to defile himself with the food and wine from the royal table, begged the chief eunuch to spare him this defilement; and by the grace of God Daniel met goodwill and sympathy on the part of the chief eunuch. But he warned Daniel, 'I am afraid

of my lord the king: he has assigned you food and drink, and if he sees you looking thinner in the face than the other boys of your age, my head will be in danger with the king because of you.' At this Daniel turned to the guard to whom the chief eunuch had assigned Daniel, Hananiah, Mishael and Azariah. He said, 'Please allow your servants a ten days' trial, during which we are given only vegetables to eat and water to drink. You can then compare our looks with those of the boys who eat the king's food; go by what you see, and treat your servants accordingly.' The man agreed to do what they asked and put them on ten days' trial. When the ten days were over they looked and were in better health than any of the boys who had eaten their allowance from the royal table; so the guard withdrew their allowance of food and the wine they were to drink and gave them vegetables. And God favoured these four boys with knowledge and intelligence in everything connected with literature, and in wisdom; while Daniel had the gift of interpreting every kind of vision and dream" (7).

Thousands of years ago, man had observed the relationship between diet, breathing, and emotion. From the recently discovered (1896 AD) book of "Ecclesiasticus" which was written in Hebrew in about 190 BC we have the following observation: "Have you sat down at a lavish table?...A little is quite enough for a well bred person; his breathing is easy when he gets to bed. A moderate diet ensures sound sleep, a man gets up early, in the best of spirits" (Chapter 31: 12, 19-23) (8).

Prevention of cancer is the only real hope medical science has for stopping the shameful loss of lives now almost taken for granted. Fully one third of the population of the United States born after 1984 will contract cancer according to the American Cancer Society reporting in a January issue of Cancer. This depressing prediction is based on the assumption that current trends in nutrition and lifestyle will continue unaltered into the future. It is likely, however, that this scenario will change due to growing public awareness of the cancer causing and tumor promoting effect of such dietary components as fat.

Excess dietary fat combines with oxygen to form lipid peroxides in large quantities. Lipid peroxides are electrophiles (free radicals), short lived reactive chemical species with one or more electrons having unpaired spins. They are carcinogens, mutagens, and promoters (materials which cause initiated cells to divide wildly). In fact, much fat destined for human consumption has been peroxidized in a chain reaction resulting in rancidity. Such fat is mutagenic and possibly carcinogenic before it is consumed. Cooking causes oxidation of fats. Ernst Wynder and others have repeatedly insisted that dietary fats are directly linked to breast, bowel, and bladder cancers. As early as 1942, Albert Tannenbaum (9) demonstrated the tumor promoting effect of fats. As noted by Bruce Ames in an excellent survey article which appeared in Science (10) oxygen radicals may play a major role as initiators of degenerative processes. Normal body cells have excellent defense mechanisms which protect against damage by oxygen radicals, because normal cells produce oxygen radicals as a part of normal metabolism and activities (11). However, chronic exposure to high levels of oxygen radicals may result in chromosomal damage and membrane damage. Dietary fats, whether cholesterol or unsaturated, represent the chief source of oxygen radicals which challenge us internally. These fats possess the unique capability to convert the air we breathe into a poison. Chief sources of dietary fats are meats, eggs, cheeses, milk, cream, butter, salad oils, baked goods, and nuts. Consumption of excess quantities of any of these materials will result in a challenge to the body.

There does exist much speculative literature regarding the role of oxygen radicals in disease. In fact, the above mentioned article by Ames is speculative in nature. Most evidence for active radical mechanisms in biological processes and in human disease states is circumstantial. At present we are unable to measure such species directly in man (11).

On the other hand, radical generating processes in cells may be pivotal factors in antimicrobial defense (12-24) and in inflammation (25-27). In other words, oxygen radicals probably prevent infection of our bodies by killing the microbes which we encounter on a daily basis. Oxygen radicals such as  $O_2^-$ ,  $H_2O_2$ ,  $^1O_2$ , OH are products of intracellular processes. These radicals are thought to be active in T-lymphocytes, inflammatory cells, platelets, conjunctival mucus, and adipocytes.

Again, the omnipresence and reactivity of oxygen-radical-generating systems in cells is counterbalanced by an elaborate network of mechanisms which defend cells against damage by these powerful oxidizing agents (28-41).

(to be continued)

----- Gar Hildenbrand

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### SCHEDULE OF UPCOMING LECTURES BY CHARLOTTE GERSON

FEBRUARY 22-24  
HEALTH HORIZONS  
POSITIVE LIVING EXPO  
  
at the  
Sheraton Washington  
Connecticut Ave. N.W.  
Washington, D.C.

APRIL 12-14  
HEALTH HORIZONS  
NATIONAL HEALTH PROJECT  
  
at the  
Boston Park Plaza & Castle  
Arlington Street  
Boston, Mass.

MAY 3,4,5, 1985  
HEALTH & LIFE/STYLE EXPO '85  
  
at the  
SAN DIEGO Convention & Performi  
Arts Center  
202 "C" Street  
San Diego, California

For details on the above HEALTH HORIZONS events,  
please contact: HEALTH HORIZONS EXPO  
405 R, 300 S. Van Dorn St.  
Alexandria, VA 22304  
Phone: (703) 370-3464

\* \* \*  
JUNE 7-8  
NATIONAL HEALTH FEDERATION  
(location to be announced)  
Atlanta, Georgia

## WHY ARE THESE YOUNG PEOPLE SO ILL?

by Charlotte Gerson

In our constant contact with cancer patients as well as with those who are seriously ill with other chronic diseases, I have often wondered about the underlying causes of these diseases. This question is particularly poignant when patients are less than 30 or 35 years old. Why are these young people so ill? Chronic diseases and particularly cancer used to be diseases of middle and old age. Looking at these young people in terminal condition, I have asked many questions to learn as much as possible about their health profile. My questions cover their histories all the way back to birth.

The answers to my questions, the histories and background of these young people, are very revealing and, we feel, can benefit our readers.

Jeremy, age 8, came to La Gloria Hospital with primary liver cancer. He had 3 large tumors protruding from his mid-section, the liver area. A biopsy by his home physician had confirmed the diagnosis. I questioned Jeremy's mother about his history: he had been nursed and had never been given canned, jarred baby foods. She had been careful to feed both her boys (Jeremy and his younger brother) fresh, largely organically grown vegetables and fruit. The answer to his present problem was in his medical history. When Jeremy was only 6 weeks old, he had pyloric stenosis (spasms in the exit of the stomach causing him to vomit most of his food) and was subjected to an operation. Naturally, he received anesthesia, antibiotics and painkillers after surgery. This is extremely damaging to the new, sensitive tissues of such a tiny infant, with great likelihood of residual toxic damage to the liver.

But that was not all. At age 3, Jeremy had a fall and broke his femur. He was taken to the emergency room in severe pain - but it took nearly 6 hours before the doctors were able to take care of him. While waiting, he needed pain killers. Then he had an operation to set the bone (again anesthesia) followed by heavy antibiotics, followed by more painkillers because he was also placed in traction. This second intensive drug damage, still at an early age, again seriously poisoning the liver, can produce the "knock-out" blow. At this point, the regular good diet provided by his mother was no longer sufficient to maintain Jeremy in health. It took the intensive detoxifying and rebuilding of the Gerson Therapy to heal the liver cancer. It is interesting to note that Jeremy's younger brother is in excellent health..

A similar situation, namely damage caused in the earliest childhood, is that of Ralph. He was born with short tendons and his feet 'dropped'. His legs were X-rayed before he was 3 months old and at 6 months of age, he had surgery. In order to perform surgery, naturally he also was given anesthesia and antibiotics. But at the same time, he was abruptly weaned and given cow's milk. At that time he developed severe colic and allergies. Later he developed sinus trouble and used nasal sprays. In his late teens, he started smoking and drinking and 'joined the crowd' experimenting with street drugs. Then his problems became serious. He had mononucleosis four times, then hepatitis and was treated with prednisone. Finally, he was diagnosed with lupus erythematosus. He recovered fully on the Gerson Therapy - but remains sensitive. He has to stay close to the Gerson nutrition or he suffers from allergies.

How about Lisa? She is 24 and has had rheumatoid arthritis for 2 1/2 years. When she was 2 years old, she had a kidney infection and was given antibiotics for close to a year. In her 21st year, she lived in Ireland for a while and changed her eating habits, consumed much meat with gravies, little or no raw food, salads or fruit. That is when her arthritis started. The pattern of her illness begins with kidney damage in her earliest childhood. The kidneys are responsible for excreting the end product of the protein metabolism, namely urea and uric acid. When the kidneys are not functioning properly, the excretion is inadequate. Then increased protein consumption can cause urea and uric acid accumulation in the body. This tends to cause inflammation in the joint membranes - arthritis. In the way of treatment, she received anti-inflammatory drugs (prednisone). Rheumatoid arthritis is also referred to as an 'auto-immune' disease; the body is supposedly attacking its own tissues. (Actually the body attacks only diseased tissue.) To keep her immune system down, the doctor then gave her chemotherapy (methotrexate) which is known to damage the liver, the kidneys and the immune system. This made her so ill that she stopped the treatment. - She started the Gerson Therapy about 10 days ago, and already her swollen joints are much improved.

Bruce presents a different picture. Damage to his body did not start in infancy. Bruce is 33 and has advanced melanoma. Two days before Christmas, his doctor told him that he might have only two weeks to live. When Bruce was a youngster, he had asthma (an allergy: disturbance of the immune system). As a teenager, he had severe acne and was given tetracycline for two years! (If this drug were effective, it could have been stopped sooner. However, it is a toxic drug and causes liver damage when given over longer periods of time.) In his late teens, Bruce started to use street drugs, particularly the mood altering ones, in relatively high doses. (According to Dr. Freeman Cope, mood altering drugs have a direct effect on melanin tissue.) The more or less heavy use of these drugs continued for a period of four years - but melanoma did not develop immediately. It takes time for the deterioration to advance to the point where cancer appears.

Debbie, 24 years old, was also diagnosed with melanoma. She is an important example because her story is so common among today's teenagers and young people. Debbie was raised as most kids are on baby foods, the usual sodas, junk foods, canned and frozen vegetables with a few fresh things sprinkled among them. In her teens, she started to smoke, and also used fair amounts of alcohol. At 19 or 20, she became a waitress and had easy access to alcohol and also ate the food the restaurant provided. Her usual drink was the Margarita and she also took a good deal of coffee. She had been on the birth control pill for a relatively short time. Yet, by the time she was 23, she had the first melanoma tumor. It was removed, diagnosed, and a deep excision made in order to 'get it all'. Less than 8 months later, it had spread to a lymph node in her axilla. Spreading melanoma is terminal. She recovered completely on the Gerson Therapy.

Now, you may say, we know some of the underlying problems of younger patients. People seem to have serious problems after being treated for extended periods of time with antibiotics, especially at a very young age. So, what can be done after these treatments have already taken place? A lot!

Clearly, when a child has an acute infection, we cannot advocate to start strengthening his immune system with nutrition - when his life is in danger. So, antibiotics may have to be used to save the child's life. But after the infection is over, a number of things can be done.

1.

First of all, it is not difficult to detoxify the system with fresh juices, coffee enemas, much fresh and raw food and no 'junk food', meat and salt. Even the smallest baby (6 months or over) can be given a little enema syringe with a mild coffee solution to help him eliminate the accumulated toxins from drug treatment. But more important yet: why did the child suffer infections in the first place? His immune system is weak and unable to fight infections. Therefore, the more important and long term solution is to strengthen his defenses with much fresh and raw food, fresh juices, especially carrot juice. (Beta carotene, the precursor of Vitamin A, was described in the British Medical Journal Lancet as being instrumental in activating the immune system.) It is also vitally important to cut down on fats (fried or deep fried foods, meats) and salt must be eliminated entirely. Proteins, too, should be cut to a minimum, even milk. A child under the age of two can handle two or three glasses of milk which should preferably be raw (not pasteurized). Children over two can do with no more than two glasses of milk. Good quality proteins are obtained from carrot juice, oatmeal, baked potatoes and other vegetables. Most of the child's intake should consist of freshly prepared raw and cooked vegetables, potatoes and fruit.

These same guidelines can be followed by parents trying to raise healthy children without infections and other problems. A healthy child, free of infections, will not need antibiotics or other drugs which could damage his liver and immune system. We also feel confident in stating that long term damage can be reversed since we have seen so many of these young people, seriously or terminally ill, recovering on the Gerson Therapy.

Unfortunately, it is taken for granted that once you are past your twenties, your body systems deteriorate, your reserves diminish, and you can naturally expect some chronic problems. One of our patients, only in his late twenties, who had serious heart problems (also after early treatments with antibiotics) was told by his physician: "Well, what do you expect, you are not that young anymore." We do not feel that this attitude is acceptable. In countries where people lead more natural lives, where they eat more natural foods, they are chronicled as leading active lives into their high eighties or more, and die without first suffering from chronic, debilitating diseases.

We need to make another point here: often people tell me that they are eating vegetarian foods and don't understand why they are ill. I am impressed with two problems of vegetarians. The first one is that many foods are vegetarian but not healthy. An extreme example: a spaghetti dinner, doused with canned (colored and salted) tomato sauce, accompanied by soda, white bread and butter, and ending with cake or ice-cream. That is vegetarian but entirely unacceptable nutrition. The other problem is that vegetarians in an effort to "get enough proteins", eat large amounts of hard cheese and drink a good deal of milk. Hard cheese, I feel, is a dangerous food. It is high in protein, high in fats (up to 42% butterfat) and high in salt, the three items it takes to produce cancer. Milk, too, is too high in protein and fats to be truly healthful. In nature, no adult animal drinks milk. It is advisable that vegetarians use defatted or low-fat milk products, such as yogurt, unsalted low-fat cottage cheese and churned (not cultured) buttermilk. One other observation: we have seen a number of patients come to the Hospital La Gloria with breast cancer three to six months after going on a high protein reducing diet.

TO OUR FRIENDS AND MEMBERS:

We feel that the NEWSLETTER contains important health information for everyone. You can probably think of friends, family or neighbors who would benefit from joining the GERSON INSTITUTE as members. Please pass the information on to them to give them a chance to subscribe.

**REMINDER:**

We are always happy and excited to hear from recovered patients. Please don't forget to contact us and tell us that you are doing well.

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**SULFITING AGENTS**

Are you one of the many who have eagerly watched the diet revolution sweep across the nations restaurants only to find that you do not enjoy the marvelous, attractive salad bars (which you could never find only a few years ago)?-- almost the minute you begin to chew those lovely lettuces your stomach begins to bloat, your nose stuffs up, and even your bronchial tubes swell shut. What's going on? You are reacting to chemical reducing agents, antioxidants, which have been added (usually in washing) to keep your lettuce green. They are also added to avocados, potatoes, apples, and any other vegetable or fruit which has a tendency to turn brown. The medical literature of the U.S. has reflected concern and awareness of negative effects in humans (including 8 deaths directly attributable to sulfites) since 1976. The Food and Drug Administration has responded with embarrassingly sluggish bureaucratic foot shuffling and hem-hawing.

If you are one of those people who do not enjoy salads in restaurants -- if you are in trouble before you get to dessert -- please become aware. Sulfiting agents are powerful antioxidants which cause allergic shock in the tissues of sensitive people. They are able to bring cellular respiration in those tissues to a virtual standstill.

We urge you to enquire at restaurants. Don't stop with questions about the salad bar, though. Sulfiting agents are also found in bakery goods (even so-called whole grain breads), fruit drinks (especially apple juice), foods with starches (pie fillings), and corn sweeteners (ubiquitous). Also beware of dried fruits. And, if you drink wine or beer, you are not free from possible challenge there.

We suggest that you contact manufacturers, write your congressmen, write the FDA, and tell your friends. Help make our food safe to eat.

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