



GERSON HEALING NEWSLETTER

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The Case Against Chicken

Why don't the Navajo get Cancer?

by Charlotte Gerson

During the past 8-10 years, many health (and cholesterol) conscious people have changed their eating habits from eating red meat (beef) to consuming more chicken. It now seems questionable that this was such a good idea.

We recently ran across a most interesting article by John Heinerman, Ph.D., published in his **FOLK MEDICINE JOURNAL/SPRING 1993**. While patients during the time they are on the Gerson Therapy are not eating chicken, we feel that all our members and their families need to take note. Therefore, we are reporting on the article at length and with a number of direct quotes.

Dr. Virginia Livingston-Wheeler, in her many years as researcher in the biological sciences, arrived at the conclusion that cancer was probably caused by a viral or microbial agent. She regularly found what she considered the cancer causative agent in chicken. Furthermore, in **TIME**

Magazine, November 26, 1990, a report titled "The Dangers of Foul Fowl" showed that chicken are widely infected with salmonella.

A Dr. De Lamar Gibbons (M.D) found a different link between chicken consumption and cancer. He had practiced medicine for some 17 years in Blanding, San Juan County, Utah and on the nearby Navajo Indian Reservation.

He published an article on November 29, 1987 in the **SALT LAKE TRIBUNE** under the title of "Indians Hold Key to Cancer". He reported that neither he, nor two other prominent physicians who had practiced in San Juan County for 32 years and 26 years respectively "have ever seen breast cancer or lung cancer in a Navajo." He wrote that he was certain that cancer can be prevented, and that the Navajos had done this for at least 30 years. He also pointed to the fact that the general diet of the Navajos, in our way

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Chicken ...

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of thinking, is very poor indeed. They eat "a high fat diet, consisting of mutton stew, bread deep-fried in mutton tallow, potato chips, soda pop, coffee, beer, candy and Twinkies. They eat virtually no fiber and no vegetables. The nutritional content of their diet is a disaster. Their sanitation in many instances is unbelievably bad. Many draw water from open creeks and have no sanitary facilities (not even out-houses much less indoor plumbing and running water). In short, they do everything wrong, according to the 'authorities'. And yet they do not get cancer! They must be doing something right that the rest of us are doing wrong."

Dr. De Lamar Gibbons went further in his studies once he had made this fascinating discovery. He tabulated all the cancer cases he and his colleagues had treated over a 5 year period. They had a population ratio of 40% Indians and 60% Anglos. Yet, out of 97 cancer cases, only 3 were Indians. On another reservation, between 1960 and 1973, of 13,000 admissions, only 13 cases had cancer.

Outside of thoroughly cooking their meat, they totally avoid poultry for religious reasons. We quote from Dr. Gibbons' article: "In the course of the past 30 years only one of the 5,000 San Juan County Navajos has been found to have developed prostate cancer. This cancer becomes almost universal in aged non-Indian men. Equally remarkable was the discovery that this individual was different from the others of his tribe in another way. He broke a sacred taboo. He raised chicken and ate eggs. (Faithful Navajos shun birds. They believe the flight of birds is not accomplished through the application of the physical laws of aerodynamics. No! Birds are supported in the air by spooky-magic, and are thus to be avoided.)"

"One of my Navajo patients developed ovarian cancer. Her life was different. She had been in a nursing

home for five years and was served soft eggs each morning."

Dr. Heinerman was so intrigued by these reports that he decided to study them and collect data for himself. He, together with an assistant, personally went to the Havasupai Indian Reservation on the south rim of the Grand Canyon, staying in the village of Su-

The nutritional content of the Navajo diet is a disaster ... yet they do not get cancer!

pai. He called on an Anglo physician in a town about 65 miles away who had practiced in the village clinic for some 4 years. He confirmed that the Indians basically are not healthy and suffer from many diseases: Diabetes, otitis (inflammation of the ear) alcoholism, cirrhosis of the liver, hypertension. When he was asked about cancer, he could only remember three cases, all women with ovarian cancer. He added, "It seems like these people just don't get cancer."

Dr. Heinerman then looked up the son of one of these ovarian cancer patients. He told Dr. Heinerman that his mother, "in her 30's and 40's, used

to keep a lot of chicken around the house, and the family ate them often. She was the only one I know of who ate them." The other two ladies who died of ovarian cancer had lived for a while outside of the village in the regular world. Both had eaten the food which is regularly consumed such as chicken, turkey and eggs.

Dr. Heinerman concludes his article by restating the unhealthy general lifestyle of the Indians. He says, "Many of the Havasupai menfolk smoke to some extent. Yet neither Dr. Gibbons nor ourselves ever found any recorded cases of lung cancer among them. Equally amazing is the epidemic of obesity among both tribes, particularly the women. Yet NO cases of breast cancer or colon cancers have ever been detected."

For more information on this subject: To receive photocopies of Dr. Virginia Livingston's book chapter on chickens, eggs and cancer, the two magazine articles on the toxicity of chicken meat; and Dr. Gibbons' article on Navajo diet, please send \$12. check or money order to Dr. John Heinerman, P.O. Box 11471, Salt Lake City, UT 84147.

Publication Schedule

The *Gerson Healing Newsletter* is published bi-monthly by the Gerson Institute. It is the membership organ of the Institute, and is intended to keep its members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health.

All members of the Gerson Institute receive the *Gerson Healing Newsletter* six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of \$25.00 or more (foreign memberships \$30.00) to The Gerson Institute.

Gerson Healing Newsletter

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Adjuvant Therapies Available at CHIPSA

Additional Procedures Can Increase Effectiveness of Gerson Therapy

In addition to the Intensive Gerson Therapy, some adjuvant procedures are being made available to patients. These are scientifically based additions to the Gerson Therapy to add to the patients' ability to heal. Extra charges apply to any procedures not included in the intensive Gerson Therapy.

Hyperbaric Oxygen

Hospital CHIPSA is the first Mexican institution equipped with a Hyperbaric Oxygen chamber. There is much evidence that, increasing the patient's blood oxygen level helps him to fight and kill tumor tissue.

Laetrile

Another treatment that has been used for a number of years is Laetrile. This material is present in as many as 2400 common foods, grains and grasses. For medicinal purposes, it is extracted mainly from apricot pits. It contains a fraction that helps the body destroy tumor tissue, but is harmless to normal cells. It has been shown that Laetrile, when given to cancer patients, increases the temperature around the tumor - which is part of its cancer-fighting capability.

Hydrotherapy

In addition to Laetrile, CHIPSA offers Hydrotherapy. For this treatment, the patient is immersed in a bathtub containing water above body temperature. This will cause a mild fever. But when Laetrile has already been injected prior to the bath, the temperature at the tumor site is further increased, giving the body a still better opportunity to destroy the tumor tissue. Normal, healthy body tissue can easily withstand temperatures up to 104 degrees Fahrenheit; however tumor tissue cannot.

Ozone

Ozone is offered in the form of rectal

insufflation. About 30cc of Ozone is inserted into the rectum from where it is easily absorbed into the blood stream. Ozone is not well tolerated by tumor tissue, while normal tissue is supported by extra oxygen.

Vitamin C

Vitamin C is another addition to the adjunctive treatment protocols used at the CHIPSA hospital. It has numerous beneficial effects. It can be used orally or rectally. One protocol uses Laetrile and Vitamin C for the treatment of patients who have previously had chemotherapy.

Hospital CHIPSA is the first Mexican institution equipped with a Hyperbaric Oxygen chamber.

Cartilage

Cartilage is available in two forms, either from bovine sources, or from sharks. Very recent experiments with shark or bovine cartilage, given rectally to cancer patients, have proven to be very beneficial.

Wobe Mugs

Wobe Mugs are highly concentrated pancreatic enzymes. The basic Gerson Therapy contains a fair amount of pancreatin. This helps to dissolve and digest tumor tissue. In some patients, especially if they carry a heavy tumor load, the additional intensive pancreatin (Wobe-Mugs)

Please Note: Extra charges apply to any procedures not included in the intensive Gerson Therapy.

has improved the patient's ability to destroy and digest tumor tissue.

Polarizing Solution (GKI)

Polarizing Solution was originated by Professor Sodi Pallares of the University of Mexico. He found that in many patients who are deficient in potassium, it is necessary to provide a transport mechanism to help the potassium to travel through the cell membrane. He achieved this by using a potassium solution (K) together with glucose (G) and a tiny bit of insulin (I) given together intravenously.

Essiac and Tahebo Tea

Essiac tea and Tahebo tea (also known as Pau d'Arco) are herb combinations which have been used by native Indians and have proven to have anti-cancer properties. These teas are available at CHIPSA.

Live Cell Therapy

Live Cell Therapy is not immediately on hand but can be made available by arrangement with your physician. It is much more effective after good detoxification and should not be tried immediately upon admission at the start of the Gerson Therapy.

**In the next *Healing*:
Charlotte Gerson
answers eleven
commonly asked
questions about the
Gerson Therapy.**

From Charlotte Gerson's Clinical Notebook

Case Histories and Observations of Cases of Particular Interest

By Charlotte Gerson, President, The Gerson Institute.

April 13, 1994.
It is always a pleasure to see recovered patients, sometimes at conventions, often at the CHIPSA Hospital. We had that pleasure several times in the last few weeks.

First we saw Richard O. He was a patient originally about 2 years ago, suffering from lymphoma (biopsied) around his neck, with lymph nodes also under his arms and in his groin. He saw very quick results, even before he left the hospital, tumors became smaller and softer. As he continued the therapy at home, almost all tumors were gone - when something unusual happened.

Richard's lower leg, from the knee to his ankle started to swell, became very red and painful. He felt deep down that he knew why he had this 'problem'. Some 5 years earlier, he had a skiing injury which left him with a torn muscle or ligament. This had healed in the meantime, and he no longer thought about it. But, with this acute swelling and pain, and on the urging of his worried wife, he went to the Emergency Room at the local hospital.

There, the doctor diagnosed 'inflammation of the vein' (phlebitis) and gave him the appropriate drug to control it. A few days later, when the swelling was not yet better, the doctor admitted that his diagnosis was incorrect, and that Richard was probably suffering from an infection.

So, he gave him some new drugs, this time antibiotics. Another few days later, the swelling came down -

but new lumps developed.

What happened was this: the swelling was a true healing reaction for the old injury. However, the various drugs administered by the doctor were toxic, and the tumors grew back! Richard came back to CHIPSA, and the growths came down again in due time. Now, two years later, the tumors are gone. Richard has also overcome a long-lasting skin irritation with redness and itching, feels great, looks years younger, has good energy and is normal and active.

He saw very quick results, even before he left the hospital, tumors became smaller and softer.

This past week, April 8th, we had another returning, recovered patient - actually, two!

Chuck Kohlhase was at the original La Gloria Gerson Hospital as much as 15 years ago. He had an incredible, long history of various illnesses: In his teens, he had undulant and rheumatic fevers. At 17, he developed bulbar (the most severe) polio, which left him with weakness in his left side. In his early thirties, he had several heart attacks from heart damage due to the rheumatic fever.

By age 46, before he came to the Gerson Hospital, Chuck had been 'delirious' for 2 1/2 years, unable to recognize his own children. He tried

the Kelly and a few other alternative therapies, with some improvement, but no healing. When he arrived at La Gloria, he weighed 115 pounds, had lymphoma, including a

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Squash From Marilyn's Kitchen

A Gerson Recipe to delight the palate.

By Marilyn Barnes, Recovered Patient

2 lb. Squash (pumpkin, kabochi, etc.)
1 lb. Apples (approx.)
3/4 cup raisins
4-5 cloves garlic
1/2 cup orange juice

Peel and cut the squash into approximately 1/2 to 3/4 inch cubes. Peel and cut several apples, also into cubes so that you have about 2/3 squash and 1/3 of the total apples (i.e. 2 pounds of squash and 1 pound of apples). Add 3/4 cup raisins or more, to taste and 4-5 cloves of garlic. Put into pan with the juice of 1/2 orange and cook on low heat. If squash is not done by the time the juice is gone, add a little more orange juice. Usually, squash releases a good deal of moisture, and you may not need more juice.

Depending on the size of the squash (plus the apples) you will have enough to serve 3-4.

Clinical Notebook ...

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tumor behind his left eye, which caused him to lose vision occasionally. He also had a partial paralysis of his right leg and arm, as if he had suffered a stroke.

As a child, Chuck had suffered a number of fractures due to falls from a horse, with damage to several fingers, the right knuckle which was rigid, and one ankle. These areas reacted almost immediately at the start of the Gerson therapy: severe sharp pains, and in a few days, the knuckle was moveable. He also had a sharp pointy pain behind his eye (he says it felt as though somebody had fired a bullet from his lower skull through the side of his nose near the eye, and he thought he had been killed); and his leg and other injuries flared up and healed within 3 days. He struggled for some time, stayed on the full intensive therapy for 3 years, is now on a modified therapy. He is still virtually vegetarian (after 15 years) and weighs a normal 175 pounds.

Chuck looks fit and young for his 59 years. He recalls with a chuckle that I had originally estimated his age as 70-ish (when he was 46). He also states that, in the recent past, for some 3 years he was under extreme stress due to litigation in which he was involved. He says that the Gerson Therapy helped him to handle the stress without any serious effects.

Chuck didn't come back to CHIPSA alone; unhappily, his father is now ill. But he brought his mother along. She was a patient at La Gloria at the same time as Chuck, 15 years ago. She had a grapefruit sized tumor in her lung (at age 64). Chuck tells that, 90 days after starting the Gerson Therapy at that time, his mother had a new X-ray taken and it showed her lungs clear. She remains well now, at 79 years of age.

Summer Apple Alert

Organize your juicing apple supply now ... apples become scarce in late summer.

By Charlotte Gerson

The season is fast approaching when apples become hard to find. While we recommend various green apples for juices, such as Pippins, Greenings, Granny Smiths, Macintosh, etc., it becomes almost impossible at this time of year to find organic ones. During late June and July, you will be lucky to find organic red delicious apples - so there is really no choice, you'll just have to use them. Soon, even these become difficult to find, but you urgently need apples.

We have suggested in the past

that you find a good supplier of organic apples. Buy and pay for some 10 - 12 cases, then ask your supplier to keep them for you in his refrigerated warehouse until you call for them. It is also wise to have a few boxes left over for late July and early August when the new crop comes in. These apples are often still somewhat green and unripe. If you have a few of the sweet red delicious apples left from the old crop, you can mix these two varieties and have juice that will not be too sour, nor upset your intestinal tract.

Non-toxic Termite Treatments

Termite can be a real problem to someone living in a wooden structure, as most of us in California and much of the rest of the country do. Naturally, a large service industry has grown up to deal with this problem. These firms specialize in exterminating these destructive insects, often by wrapping the entire house in plastic and fumigating it with toxic gases.

Because the gases have to permeate the entire structure, even into the wooden members, traces of the toxic gases remain in the house after the pest control people leave. Toxic

residues are dangerous to a recovering cancer patient (indeed, to any human being).

Fortunately, alternatives are available. Check your Yellow Pages for termite control companies that use either microwave radiation, liquid nitrogen or high voltage electrical devices to accomplish their purposes. You still don't want to be around when they are using microwaves, but at least microwave radiation is gone when the termite treatment is over. (Of course, you wouldn't use a microwave oven in your kitchen, now would you?)

*Join the Gerson Institute ...
We Communicate Health!*

Gerson Therapy Notes: From the Updated *Gerson Therapy Primer*

Substances and Activities to be Aware of for the Gerson Therapy Patient

by Dr. Dan Rogers and Charlotte Gerson

The following article is a collection of Notes excerpted from the Updated *Gerson Therapy Primer*, available from the Gerson Institute for \$15.00 (U.S.) plus \$3.00 shipping. The *Primer* is literally required reading for the patient on the Gerson Therapy, as it elaborates on subjects from *A Cancer Therapy: Results of 50 Cases*, provides practical assistance in the day-to-day practice of the Therapy, and addresses issues that were often nonexistent during Dr. Gerson's lifetime.

COSMETICS

All substances that go onto the skin at best clog pores and keep the skin from breathing and eliminating toxins. At worst, these materials are absorbed into the blood stream and damage the patient. While on the intensive therapy, the patient should refrain from using ANY skin lotions, creams, and ointments whatsoever. In particular, women need to refrain from using lipstick, which is regularly licked off the lips and therefore ingested. Sometimes, women complain that their lips are dry or raw if they do not use lipstick. *This is often*

due to the lipstick. If the patient refrains from its use for a few days, uses a little Vaseline, the lips 'heal' and will feel normal.

We feel very strongly about any underarm antiperspirant or deodorant. ALL these are harmful, even if purchased in a 'health food store'. Many contain aluminum, and other chemicals which should never go to block lymph passages underarm. They not only block but are ab-

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sorbed and toxic. The passages should be clear and open for elimination of toxic perspiration. If sweat is smelly, wash frequently and keep the lymph passages OPEN. To block them is to force the toxic materials back into the lymph passages to cause new harm. Once the body is well detoxified, it will not have any unpleasant smell.

Nail polish keeps the nails from breathing. Do not use it while on the Gerson Therapy; nor any artificial nails. If you are wearing it at the hospital, a nurse will provide you with nail polish remover.

We need not mention permanents or hair dyes, since these are mentioned on the list of FORBIDDEN

ITEMS in *A CANCER THERAPY*, p. 238. However, hair sprays, lacquers with acetone solvents, are also very harmful and have to be avoided. On the therapy, your hair will become healthier and have natural 'body'. You will not need some of the toxic cosmetics.

TEETH

A very important consideration for success on the Gerson Therapy is the need to clear any possible dental root abscess. Sometimes, these abscesses cause no symptoms and the patient is not aware of them. Also, some patients are overly concerned about X-rays, to the point that they even refuse the small amount of radiation used to diagnose possible dental problems. That is a mistake. The amount of radiation is not harmful; but the possible existence of dental root canal infections or abscesses will negate the effectiveness of the Gerson Therapy. Sometimes seriously damaged or infected teeth have to be removed in order to eliminate the constant 're-infection' caused by these toxins in the mouth. Please check your teeth and make sure that there are no dental problems as you start on the Therapy.

Another possible dental problem is mercury. Most people are now aware that the so-called 'silver amalgam' fillings contain about 51% mercury. This is a highly toxic heavy metal which affects not only the nervous system but can cause untold problems and can counteract the healing effect of the Gerson

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The Expanded, Updated *Gerson Therapy Primer* is now available from the Gerson Institute, P. O. Box 430, Bonita, CA 91908-0430 for \$15.00, plus \$3.00 shipping charge. Order yours today.

Primer ...

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Therapy. There are now techniques available for removing these amalgam fillings correctly (see Dr. Hal Huggins, *It's All In Your Head*.) However, no matter how carefully the fillings are removed, some of the mercury is released as gas or particulate matter and re-enters the system. This causes a temporary mercury poisoning, which is fairly easily overcome by the Gerson Therapy. However, it is unwise to subject the seriously or terminally ill patient, just starting the Gerson Therapy, to this additional poisoning. We therefore suggest that the patient waits at least 6-12 months until he is much improved before considering the removal of the offending fillings.

Many dentists refuse to do this work. Refer to the above book, to Dr. Huggins' office in Colorado Springs, and he will give you names in your area of dentists who will do the work. Silver amalgam fillings can be replaced with various plastic materials that are now available. Gold fillings are also acceptable, however occasionally dentists have placed gold crowns on top of silver amalgam fillings in the same tooth. This is highly damaging.

In one respect, your dentist could cause you considerable trouble: namely if he recommends for you to brush your teeth with baking soda. 'Soda' is sodium. It is very easily absorbed through the mucus membranes in the mouth and quickly enters the blood stream. We have had one patient who came to us with a colon cancer. On the therapy, after about 10 months, she was completely cleared of cancer. She continued the therapy, faithfully, as she had been instructed. Nevertheless, after another 6 months or so, she had a new malignant lesion in her colon. When she returned to the CHIPSA hospital, upon intensive questioning, it turned out that her dentist had suggested that she brush her teeth with baking soda. She did

- and her tumor returned. When she was told to stop this practice, she again healed.

We need to warn our patients not to follow such dentist's instructions. Also, please note that Dr. Gerson's book, on p. 238, states on the list of "FORBIDDEN ITEMS" not to use baking soda also for gargling, etc. The above patient did not remember or check on this before following her dentist's instructions. Please also note that MANY brands of toothpaste presently contain baking soda - since dentists recommend it. Please do not use such toothpastes.

... sunscreen becomes a carcinogen (cancer causing agent) when exposed to the sun!

SUNSCREEN

Dr. Gerson did not want patients to be exposed to sun, nor to sunbathe. During the last few years, it has become fashionable to recommend 'sunscreen' because many doctors claim that sunlight can cause skin cancer. Dr. Gerson's reason for recommending to avoid sunlight is that sunlight is radiation, it is wearying and irritating; so the patient must avoid it. Sunscreen is *not* the answer, on the contrary: the latest information has it that the sunscreen that people are supposed to use and put on their children's skin becomes a carcinogen (cancer causing agent) when exposed to the sun! If you are going out, wear a long-sleeved shirt, preferably white cotton, or a blouse. Use a hat with a wide brim or visor to protect your face. You need not stay indoors altogether when the weather is sunny. Just don't expose yourself without clothes, to 'sunbathe'. It is always suggested that you take in fresh air, IN THE SHADE, under a tree or umbrella. If you are using the sun 'to warm you',

rather use extra covers, sweaters, coats or blankets, but stay in the shade.

COLDS AND FLUS

There is presently in the general population quite a serious problem consisting of depressed immune systems. There is a steady increase in infections which were virtually unknown a decade ago: AIDS, 'chronic fatigue syndrome' (Epstein-Barr), genital herpes, hepatitis of all kinds and candida (yeast infections) Other infectious diseases which seemed to have almost disappeared, such as tuberculosis, and even syphilis, are making a threatening comeback.

It has to be assumed that the poor general nutrition, together with excess consumption of fats, proteins and salt, causes this health problem. Obviously, patients suffering from cancer also have a weakened immune system - since a fully functioning immune response is capable of protecting the body from ever developing cancer. So, we know that in all cancer patients, we have a problem if they 'catch' cold or develop a flu. Even after a few months on the Gerson Therapy, which among other things restores the immune system, the former cancer patient does not yet have a good defense against cold and flu viruses. For that reason, much care has to be taken to protect the recovering patient from visitors, children or other household members who have colds. They should be *completely* segregated. Friends or visitors with colds should either be requested not to visit, or, if they have come into the house, the patient should quietly (even unsocially!) and quickly disappear behind his/her bedroom door.

If a recovering patient does develop a cold or flu, at the very first signs, he should take penicillin (other antibiotics if he is allergic to penicillin) together with the 'triad', at least once every 6 hours for as long as symptoms are present, plus one

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day. It is also wise to gargle with chamomile tea in which you use 1/2 ounce of a 3% solution of hydrogen peroxide, at least three times a day. A very warm bath with at least 4 pints of 3% hydrogen peroxide twice a day is extremely helpful. Be sure that the patient is not chilled upon leaving the bath and immediately goes into a warm bed. A cold should be treated with great respect since it can cause recurrence of tumors. If you report to your CHIPSA doctor with possible regrowth of tumors, be sure you mention whether or not you had a cold or flu in the recent past, and whether you have overcome it.

Because of the seriousness of possible colds, it is suggested on the list of medications to take home, that you take penicillin with you. If, at the very first symptoms of a cold, you first have to go to a doctor for a prescription, or ask for penicillin to be mailed to you - it will be much too late to take it. It is mainly used to avoid opportunistic germs from aggravating the virus infection - but you need to have it on hand in case of need. Do not use it for any other reason.

EXERCISE

Dr. Gerson felt very strongly that a cancer patient just starting on the Therapy, urgently needs rest. He even had patients who were not particularly debilitated, stay in bed for a full six weeks! The Gerson Therapy also will speed up the metabolism which requires energy. This energy requirement often causes patients starting the treatment to be tired. This is an urgent message of the body to rest! Do not force exercise when you are tired; it will not 'build you up' at all; on the contrary, it will slow down or stop healing if you waste your energy.

Early on in the treatment, it is a good practice to do some trampolining. A little 'rebounder' is quite inex-

pensive, and can be very helpful. In the beginning, use it only by lifting your heel and bending your knees - don't jump. Also, it is best to use it for only 30 seconds at a time, but several times a day - as often as 5-6 times. This very mild exercise stimulates lymphatic circulation and also helps to overcome pain, especially bone pain. But, again, don't overdo or exhaust yourself.

When patients first return home, they usually feel much better, but not yet strong. It is extremely important that they do not immediately jump into their jobs or housework - since the Therapy with all the foods and juices is very labor intensive. The patient needs continued rest and HELP. Usually, after about

...very mild exercise stimulates lymphatic circulation and also helps to overcome pain, but don't overdo it.

three months, energy will return. That, too, could be a period of danger: when the patient is recovering and feels energy coming back, he/she may well start into strenuous activities - overexerting himself, and stopping the healing. Do not overdo. As energy returns, you can start on some very mild 'exercise': a five-minute walk! (Not in extreme heat or cold.) This can soon be extended to 8-10 minutes - but, if the patient is very tired, STOP IT, and go back to the last amount of walking that didn't exhaust you. Increase the time for a walk very slowly if you can easily handle it. More strenuous exercise (tennis, squash) must be avoided for a year or so. Swimming is a problem: all chlorinated pools must be completely avoided; ocean water is too salty for the patient. So what remains? A clean mountain stream or lake. "Clean" means that there are no factories upstream from the place where you swim, draining

chemicals into the water. And, of course, the weather must be mild or warm, so the patient is not chilled. One of our recovered breast cancer patients in Santa Cruz, California, after some five years on the therapy and total recovery, has won several tennis tournaments, and can bike the legs off of her 16 year old daughter. Just be patient and heal first!

PROTEIN

After approximately 6-10 weeks on the Therapy, your doctor will order you to start on some NON-FAT, UN-SALTED, UNFLAVORED, MODIFIED milk proteins. This does NOT mean LOW FAT (yogurt or cottage cheese). In Dr. Gerson's book, you will find that he ordered the patient to take buttermilk and/or "pot-cheese". We have to be very careful with these items nowadays. Buttermilk comes in two forms: "churned" and "cultured". The churned type is good and acceptable - but it is almost never available anymore. If you have a dairy farmer in your neighborhood who will churn some sour cream to make his own butter, and let you have the buttermilk - that would be great. But, otherwise, don't bother looking for it. The "Cultured" type is completely forbidden. It is usually made of leftover, unsalable milk, treated with thickening agents; flavored AND SALTED!

The next problem is "Pot Cheese". In Dr. Gerson's day, this meant non-fat, unsalted cottage cheese which he approved of. Today, this is no longer available. All cottage cheese is creamed and salted; the "Low-fat" type is usually 2% butterfat (much too much) and is also salted. Sometimes, you can obtain so-called baker's cheese, which is supposed to be used in baking and is not supposed to contain cream or salt. This is all right to use; however, it is tasteless. So you have to add non-fat, unflavored yogurt to it, whip it up with onion, garlic, chives, etc. and make it into a delicious spread. Be

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Primer ...

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sure that the cheese is free of cream and salt. One patient was using a cottage cheese, made by a farmer using his own 'cottage industry' recipe, which was simple hard cheese, with about 40% butterfat and salt! Of course, her tumors recurred.

Another problem is yogurt. It has to be non-fat and unflavored. Some patients are trying their best to do right, and look for raw, unpasteurized milk yogurt. **BE CAREFUL.** You will possibly find raw goat's milk yogurt, and think you have it made. **NOT SO.** Goat's milk is by nature homogenized, and it is difficult to remove the cream - so it is left full fat. We lost one patient because the care-giver was not aware of the danger of raw goat's milk yogurt.

You can also be confused by labels; one set of information on your yogurt container will be "Ingredients". Obviously, this should only include non-fat milk and cultures. The other information on your container will be "analysis of content". I have had many calls from patients saying that the yogurt contains sodium. Of course, all milk contains a certain amount of natural sodium - don't worry about it. The problem is only caused by any addition of salt, which will show in the "Ingredients".

Very rarely, a patient is lactose intolerant and cannot handle any milk products. Your doctor may advise you to take spirulina, blue-green manna, or bee pollen. This, too, can sometimes cause allergic reactions. If you are trying it, use just a few grains at first, and add a few at a time before reaching your prescribed amount. If it causes you any allergic reaction, don't use it.

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Burzynski Wins Important Health Freedom Case in Texas

Texas judge hands down decision with wide implications for alternative therapies.

Reprinted from the Nutritional Health Alliance *FaxUpdate*, March 15, 1994

A Texas administrative law judge has decided that a non-FDA-approved cancer and AIDS treatment developed by Dr. Stanislaw Burzynski can be given legally to patients in Texas, despite a state law which prohibits distributing or prescribing non-FDA-approved drugs. The judge held that the Texas Medical Practice Act, which specifically allows a physician to prescribe "any drug" for his patients, takes precedence over a Texas Food, Drug and Cosmetics Act provision that makes it illegal to manufacture, distribute or prescribe a drug not approved by the federal FDA.

"This is an important precedent for practitioners, as well as for

manufacturers and purveyors of treatments - including nutritional supplements - which have not yet received FDA approval," said Burzynski's counsel, Houston Attorney Rick Jaffe.

Editor's Note: The Texas ruling is significant to the Mexican clinics, since it undermines the efforts of the FDA to force the Mexican government to knuckle under to the same law that the Texas court struck down. The recent NAFTA (North American Free Trade Agreement) treaty is being used by the U. S. government to pressure Mexico into closing down its clinics using billions of dollars in economic assistance as inducement.

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