



# GERSON HEALING NEWSLETTER

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Charlotte answers

## Eleven Commonly Asked Questions About the Gerson Therapy

by Charlotte Gerson, President, The Gerson Institute

**W**e frequently get questions about 'doing' the Therapy. Some of them are actually answered in Dr. Gerson's book *A Cancer Therapy: Results of 50 Cases*; others come up because many books on nutrition as well as many nutritionists give information which does not agree with instructions for 'doing the Gerson Therapy at home.'

Here are some of the more frequently asked questions.

**QUESTION:** Why not steam vegetables for a short period (and use the water at the bottom of the pan) rather than to 'cook all the life' out of the vegetables for a long time?

**ANSWER:** Dr. Gerson was very specific about using the lowest possible heat for cooking vegetables, consistent with cooking them to be well-done. When high heat (steam) is used, this tends to change the colloidal structure of the nutrients, particularly the proteins, and make them poorly absorbed or assimilated. Dr. Gerson even suggested

the use of a plate under the pan in order to keep the heat just barely high enough to simmer the food, slowly, until well done.

When other books or nutritionists talk about 'cooking the life out of the food', they don't really understand what they are talking about. The only nutrients which are damaged by cooking are the enzymes. All enzymes are dead once the food is heated above 140 degrees Fahrenheit. Clearly, steam is much hotter than that. But the lower heat preserves protein and minerals as well as some of the vitamins. Always remember, too, that you get a huge supply of enzymes in your 13 glasses of fresh, raw vegetable juices. There is no need to try to preserve enzymes in cooked vegetables. It can't be done, anyway.

Further, 'using the bottom of the pan after steaming vegetables' is relatively useless. This admits that the good nutrients, minerals, etc. have been leached out of the food and are in the water! So why eat

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## Eleven Questions ...

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depleted food? and the minerals in the water are poorly absorbed anyway! It doesn't make sense.

There is one more point involved here: Many people object to cooking vegetables to the point of being well done; they prefer the taste of 'al dente' (half cooked) foods. Dr. Gerson did not condone this method. Patients need 'soft bulk', well done fiber, in order to give the intestinal tract some help in using all the juices and raw foods. 'Al dente' foods have neither the advantage of raw foods (enzymes) nor the advantage of cooked foods (soft bulk). If the patient likes raw food, this is encouraged: the more, the better. Of course, oatmeal also provides some soft bulk.

**QUESTION:** What about using Brewer's Yeast on oats and salads?

**ANSWER:** This is a very bad idea. Dr. Gerson warned that no other vitamins (or minerals) should be taken aside from the ones specifically stated. Brewer's Yeast is a B-Complex. But it is a yeast based material, a fermentative product. Since, generally, tumor tissue thrives on non-oxidative (fermentative) metabolism, yeast will help the tumor to grow and thrive! Presently, there are other problems with yeast. A very large number of people, particularly those who have taken a fair amount of antibiotics, suffer from candida infections. Candida is also a yeast and taking yeast is totally contraindicated, since it encourages the candida. In the past, Brewer's Yeast was a pretty good source of B-complex for non-malignant patients; but presently, it should be avoided either way.

**QUESTION:** What about using a B-complex supplement to keep the B-vitamins in balance - since we use fairly large amounts of B-12?

**ANSWER:** This question, too, is answered in Dr. Gerson's book, *A Cancer Therapy*, in Appendix II, p. 418. Dr. Gerson states that he damaged

patients with Vitamin B-1 and B-6. Only B-3 (niacin) can be given to cancer patients.

I appreciate the thought of 'keeping the B-vitamins in balance'. However, few nutritionists (and nutrition writers) realize that the Gerson Therapy with the huge number of juices, does contain an excellent supply of B (and most other) vitamins. No need to worry about 'balancing'.

**QUESTION:** What about 'proper' food combining? Not mixing starch and fruit, for example.

**ANSWER:** The Gerson Therapy is so very rich in the various enzymes needed that Dr. Gerson did not feel that 'food combining' was of any importance.

Here, again, various nutritionists and writers have many different ideas which are not necessarily applicable to the Gerson patient. The more books you read of different authors, the more opinions you will get - not usually applicable to the Gerson Therapy.

**QUESTION:** Why not supplement Vitamins C and E since these are so valuable for the immune system? Surely one glass of orange juice per day is not enough.

**ANSWER:** I can't understand that this question can be raised. What gives anybody the idea that vitamin C is only contained in orange juice? The other 12 glasses of juice (carrot/apple and greens) are actually much higher in Vitamin C than any citrus juice. The green juice is also high in Vitamin E. Aside from that, the raw fruit and salad consumed add to all that. In our files, we have a letter from Dr. Linus Pauling who writes that he believes that the Gerson Therapy is so effective in overcoming cancer BECAUSE it is so high in Vitamin C!

There is one additional problem here: our good friend, the late Dr. Freeman Cope (M.D. and Ph.D. in biochemistry) stated that he understood very well why Dr. Gerson did not wish to add more Vitamin C to the Therapy. He realized that Vitamin C is a reducing agent (as opposed to oxidizing agent). The Gerson Therapy works very effectively to restore oxidation to the cells which helps to kill tumor tissue. Adding pharmaceutical (artificial) Vitamin C would work against the therapy. We have had patients who, after reading the work of Linus Pauling, added large amounts of Vitamin C to the Gerson Therapy on their own with very poor results.

There is another point to keep in mind concerning citrus juice. Dr. Gerson specified one glass of orange juice per day for the patients. There is, as in all other directions for the therapy, an important reason for the ONE

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## 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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## Eleven Questions ...

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glass. Citrus juice, while it is generally thought of as a good source of vitamin C, it is not all that high in Vitamin C. Furthermore, it is relatively high in sugar, completely devoid of proteins and relatively low in minerals. These are contained in the vegetable juices. But a serious drawback of citrus juice is the fact that it represents a 'weak' acid. Weak acids dilute 'strong' acids. The normal level of acid in the stomach must be a strong acid. Also, it has long been shown that patients suffering from chronic diseases usually have lower levels of stomach acid already. Further weakening it tends to cause poor appetite and poor digestion. Dr. Gerson included "acidol pepsin" (acidolis) as part of the medication given to patients to improve their appetite and ability to digest foods. Giving extra citrus juice is actually counterproductive! This was clearly shown in two cases. In one case, a patient suffering from a collagen disease (Dx: rheumatoid arthritis, lupus, scleroderma) improved dramatically when she was at the CHIPSA hospital. She went home from the hospital and found it more convenient to use citrus juice rather than apple/carrot and green juice. So, she used up to eight glasses of orange juice daily. This caused her a violent flareup of her illness. In collagen diseases, citrus juice is specifically to be avoided. Her going home prescription by the CHIPSA doctor specified ONE glass of orange juice, not eight!

In another case, a patient suffering with cancer was living in Phoenix, AZ,

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

and had citrus trees growing right in his yard. He felt that a few extra glasses of citrus juice, so easily available, would do him good. Not so; he ended up with digestive problems, but didn't realize what the problem was. At this point, we always have to do some detective work to find out what the patients are doing, and why they are having these problems.

The other part of this question concerns Vitamin E. Dr. Gerson also answers that in Appendix II. Mostly, Vitamin E is derived from soy oil, and the oily substances (also cod-liver sources for vitamin A) will stimulate new tumor growth.

**Dr. Gerson thoroughly tested his procedures for years. When he specifically used or did not use one or another item, THERE IS A REASON**

**QUESTION:** When can organic soy be introduced to the diet?

**ANSWER:** Dr. Gerson talks about all soy products as being high in oil and stimulating tumor growth. Aside from that, many people have a low-level allergy to soy products, so these must be avoided; not just for a short period of time, but throughout the treatment.

**QUESTION:** Potatoes and tomatoes are both of the night shade family. Why are they the most used food on the therapy?

**ANSWER:** First of all, the most used foods on the therapy are carrots, apples and greens. Since the juicing consumes a very large part of the approximately 20 pounds of food used in the course of the day for the patient. Secondly, potatoes are particularly valuable, since they are high in protein, potassium and, even cooked, in Vitamin C. They are much preferred to

rice, for instance. This grain is harder to digest, contains enzyme inhibitors (as all grains and legumes do) and is not nearly as valuable. Tomatoes, on the other hand are used relatively little (in soup or salad) and, again, Dr. Gerson answered the question about using tomatoes on p. 414, in Appendix II.

Speaking of nightshade vegetables, please also note that Dr. Gerson specifies the use of some green pepper in the green juice. He obviously felt these vegetables were valuable and not disturbing.

Here, too, various nutritionists encounter problems with nightshade vegetables that do not apply to the Gerson Therapy.

**QUESTION:** What about juicing beets with carrots?

**ANSWER:** Many years ago, Dr. Gerson did use beets as part of the juicing. He discontinued beets - for a reason. I could never find the reason in his writings, but I believe that one of the reasons is that beets are very high in sugars. It is usually a mistake to raise the cancer patient's blood sugar. When used in juices, large amounts are given. I am familiar with the work of Dr. Nagy who used exclusively beet juice for lung cancer patients. He always had to discontinue this procedure after a while, because he encountered problems.

I have to urge patients again to PLEASE believe that Dr. Gerson thoroughly tested his procedures for years. When he specifically used or did not use one or another item, THERE IS A REASON. Also please understand that it is impossible to answer all these questions, asked by people who have read many opinions.

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*Remember us in your will - a bequest helps us to continue our work, which benefits your children and grandchildren!*

## Eleven Questions ...

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These are not always expressed by people who have had such extraordinarily excellent results in treating and healing cancer patients and others suffering from 'incurable' conditions.

**QUESTION:** What is the 'normal' number of flare-ups and reactions during the first 6 weeks? After 6 weeks?

**ANSWER:** There is no 'normal' number; each patient is different. Dr. Gerson had somewhat different responses (See Chapter XXVII, p. 201) than we see today. Some patients have regularly recurring flare-ups every few days; others wait for several weeks for the first one. In general, we see the first flare-up at the hospital; then another one at around 6 weeks; and often the longest and most severe one at 3 to 3 1/2 months. Some patients who do not seem to follow this pattern get very worried, that 'they are not healing'. That is not true; their responses are just not 'average'. Again, generalizing, I would say that flare-ups continue throughout the healing period, in diminishing frequency. "Healing" recurs as long as the body has some healing to do!

**QUESTION:** Are headaches a good sign? How often do/should they recur?

**ANSWER:** Of course headaches are not good. They can signify that the body is toxic, in the course of a healing reaction, or otherwise. There are many different types of headaches, and this is one area where one cannot give a general explanation. In most cases, headaches are relieved by coffee enemas - however, during a heavy healing reaction, in the early part of the treatment, sometimes the patient is so toxic that a coffee enema will not do it. Often, after the castor oil treatment, the toxicity is reduced.

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## In Memoriam: Ann Wigmore 1909 - 1994

Conspicuous by her absence at the recent WHOLE FOODS EXPO was Ann Wigmore, tragically killed in an accidental electrical fire a few weeks earlier. Ann was a courageous and pioneering woman who did much to raise public awareness of natural healing philosophy. Founder/Director of the Ann Wigmore Foundation (formerly Hippocrates Health Institute) in Boston, Ann dedicated her life to teaching others the value of living foods.

Born in Lithuania in 1909, she was raised by her grandmother, who gave her unwavering confidence in the immense healing power of nature. Ann spent years experimenting to find simple, healthful and inexpensive ways to grow food indoors. Much of her philosophy was based on that of Hippocrates, who taught that, if given the correct nourishment, the body will heal itself, and advised, "Let food be your medicine."

In 1963, under Ann's direction, the Hippocrates Health Institute became a non-profit study center implementing the principles of living foods and wheatgrass for the restoration of vibrant health. She was the author of over 15 books and had travelled worldwide spreading her work and teaching an understanding of the healer within.

## Ozone: A Catalyst in Killing AIDS Virus?

*reprinted from Insight, November, 1988*

Two separate preliminary studies strongly suggest that ozone, a major air pollution component but also an important layer of the atmosphere, can kill the human immunodeficiency virus without harming infected blood cells, but the studies have been small and inconclusive on some points, say researchers.

Tests on HIV-infected blood conducted at the Bethesda Naval Hospital in Maryland showed that ozone effectively killed the virus without damaging those cells that had been infected. However, whether ozone is toxic to other blood cells and tissues in the body and whether it can reduce other physical burdens of the virus, such as weakness and opportunistic illnesses, remain to be seen, says Dr. Kenneth F. Wagner, senior research physician for HIV research at the Henry M. Jackson Foundation for the Advancement of Military Medicine in Rockville, Md. Wagner adds that physicians in Europe have been administering

ozone for years to treat viruses and have shown that it can be done safely.

Five patients with AIDS or the preliminary forms of the disease who were treated with ozone in tests at the Veterans Administration Hospital in San Francisco showed significant improvement in their symptoms and no signs of toxicity. Whether the ozone effectively killed the virus in all the patients was not determined.

*Editor's note: This article appeared in 1988, and evidently showed very promising prospects for ozone except in one very important area: profitability. Ozone is not patentable, and therefore cannot be the exclusive (and lucrative) property of any one company or group. Very little, if anything, has been heard of its efficacy since. AZT, on the other hand, even though it has been shown to be totally ineffective in prolonging life, got the blessing of the U. S. Government, to the point that it was (and perhaps still is) being administered to individuals who simply tested HIV positive at enormous cost to the taxpayer. The seldom-mentioned side effects of AZT, unlike ozone, include leukemia and death.*

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headaches begin to be less intense and less frequent. Under normal conditions, of course, headaches should never occur.

**QUESTION:** When do patients begin to feel better; have more energy?

**ANSWER:** Almost all the patients begin to feel much better while they are at the CHIPSA hospital, that is, during the first week or two. In most cases, pain goes down, appetite comes back, sleep improves, swellings go down, and, as a result, the patient also has a tremendous psychological boost. However, when the patients start the therapy, also with the high level of thyroid which has to be used, their metabolism needs to change considerably, get "turned around". This is usually associated with a period of healing and low energy. The body must use its energy for healing, not muscular strength, exercise, etc. Sometimes patients even feel that, if they exercise, their energy will come back. That is a serious error. Only when toxicity is reduced, enzyme systems work again, will muscular energy come back. This is a dangerous period, because, at that point, people want to get back into their normal activities. They waste their new energy - even start to exercise - and stop the healing.

This is the time to get a lot of rest, do only the lightest of exercise such as a short 5-8 minute walk or a few minutes on the rebounder (trampoline).



*Donna and Norman Piersma*

## Patient Letter: Norman Piersma

### Recovery from Metastatic Melanoma

7 May 1994

Dear Blanca...Saludos,

Three years ago, having arrived three days before at CHIPSA, another tumor swiftly came up in my right axillary region. But growth stopped in three days because my immune system had kicked in. Therefore, my most exciting Tijuana experience was to see this golfball size tumor disappear over a period of two months.

This was the last I saw of my metastatic melanoma. And here it is three years after they told me I had six months to live. I enjoy citing Psalm 30:2,3 (Living Bible) "O Lord my God, I pleaded with you, and you gave me my health again. You brought me back from the brink of the grave, from death itself, and here I am alive."

Not only am I alive but I am in top physical condition. In the last several months I've competed in the Senior Olympic Games in Michigan and Florida. I've won Silver twice and Gold once in the Racewalk. I am 67 and enjoying vibrant health. Why? Because the principles learned in the Gerson Therapy continue to apply in the maintenance of optimum health.

I teach WELLNESS both at our retirement village and in local churches. I live what I teach - I practice what I preach. To ask people to take charge of their own health and convince them that they are what they eat, is a difficult task. Even though it is dangerous to teach what the authorities say is quackery, I am committed. I feel very much like the man born blind who said to Jesus, "One thing I do know, I was blind but now I see."

I feel it is a privilege to be a part of the Gerson Wellness Network. As a small boy my grandfather gave me the job of watering the big draft horses. It's true - one can lead a horse to water but we can't make them drink. I'll not tire, however, of pointing out that there is hope, even for those who've been told they are terminal.

Sincerely,  
Norman R. Piersma DVM

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

## From Charlotte Gerson's Clinical Notebook

### Endometriosis, Antihistamines, Juicer

by Charlotte Gerson

#### ENDOMETRIOSIS

**E** We are so blessed with uncounted numbers of recovered cancer patients that we are often specially happy to share with our members dramatic patient stories who have recovered from other diseases. This week, two such patients came to our attention: Judy Sears, back in 1986, was suffering terrible pain from endometriosis. In January, 1986, she submitted to a laparoscopy only to have a definite diagnosis of her problems. She was suffering from very severe pain, especially during her ovulation, on unning and moving her bowels. Her menstruations, too, were usually abnormal, passing large clots, too short bleeding or too long. One day after her laparoscopy, she started on the Gerson Therapy. She refused all 'orthodox' treatments. After about one month, she started to have less pain; she says the coffee enemas helped. Soon, her menstrual periods became more normal, and she stopped bleeding at ovulation time. Before the therapy, this bleeding at ovulation sometimes lasted 10 days. The endometrium had overgrown and was attached to the ovaries and the back of the uterus. After six months on the Gerson Therapy, she had no more pain at all and her periods were normal.

On the first try, she became pregnant - but due to unwise counsel she stopped the Therapy and added salt and fat to her diet. She had three normal pregnancies and nursed all her babies 16-17 months.

Now, she has some recurrence of her endometriosis - but since she

knows what to do, the enemas help her overcome pain, and she went back on the complete, less intensive Therapy. She says that this time, she will stay on it for 1 1/2 years to get well and stay well.

The unusual twist to this story is that Judy tells me that her mother-in-law, Frances Sears, was a patient of Dr. Gerson's for a benign cyst. Her son, (Judy's brother-in-law) Todd, had muscular dystrophy and was treated by Dr. Gerson. He is now, at 40, cured and completely normal.

Judy agrees to answer people who ask about her recovery (please remember that she is on Therapy and has three small children) at:

Judy Sears  
P.O. Box 1741  
Provo, UT 84603

**A**t a very recent Health Convention we attended in Chicago, we met a lady (Anna K.) who came all the way from Detroit to be with us. She told her story which sounds almost incredible - but I know that all kinds of miracles are possible on the Gerson Therapy. Also, when I study her problems a little more closely, many of them relate to a damaged immune system. This could easily be partly due to her fluoridated water in Detroit. I incredulously listened to her story.

She was so ill, weak and non-functional that, when she heard of the Gerson Therapy and heard that I would be giving a lecture and seminar in Miami, she travelled all

the way from Detroit to attend. She was convinced and impressed and embarked on the Gerson Therapy for herself in September 1991 to overcome these problems:

Endometriosis

Allergies

Sinus infections

Chronic Bronchitis

Chronic kidney infections (she stated that she thought these were hereditary since her mother suffered from the same problem)

Inner ear ulcers

Chronic fatigue - with loss of memory and concentration

Ocular migraines (these affect vision, causing blurring, etc.)

Arthritis

Heart valve problems

Stomach ulcers

Fungus (candida)

She reports that she is doing extremely well and feels strong and healthy, says she is no longer suffering from any of the above symptoms, has good energy, and concentration. Frankly, she really looks well and fit.

That is not the end of the story! She tells that she also has a son Yogi, now 18, who, she says, had the following problems:

Ear infections from birth, and was treated with antibiotics

Allergies

Severe constipation (moved bowels once a week)

Migraines

Intermittent high fevers

Strep infections

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## Clinical Notebook ...

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He also did the Gerson Therapy, which is difficult for teenagers because of peer pressure. But he is so well now, he has become an instructor in self-defense, and urges his students to change their diet for better energy, concentration and control.

## ANTIHISTAMINES

One of our supportive physicians, familiar with Gerson Therapy, recently made the following remark: "It is

## U.S. Testing 3 Allergy Drugs

WASHINGTON (AP) - Tests by Canadian researchers showing that three common allergy drugs promote cancers in laboratory mice has prompted the U. S. Food and Drug Administration to begin its own investigation of the prescription antihistamines. Neither the researchers nor the FDA advised consumers to stop taking the drugs although they cautioned against long-term use. The FDA noted that no clinical studies to determine the effect on humans had yet been conducted and that only certain antihistamines were implicated in the Canadian study. The principal Canadian researcher, Dr. Lorne J. Brandes, said that so far, benefits of antihistamines appear to outweigh the risks.

In the study published in the Journal of the U. S. National Cancer Institute, Dr. Brandes and his research team at the Manitoba Institute of Cell Biology in Winnipeg injected mice with a skin cancer and a cancer of the connective tissue, known respectively as melanoma and fibrosarcoma. In three different groups of mice, the tumors grew faster and larger after the rodents were injected with one of three antihistamines: loratadine, astemizole and hydroxyzine, all of which are prescription drugs.

interesting and rather alarming that most of the intricacies of the human metabolic biochemistry is poorly understood. Also, most of the actions of drugs, and effect on this complex biochemistry, are poorly understood. Yet, orthodox medicine uses these drugs with the greatest abandon - regularly causing new problems and dislocations in the body biochemistry.

This statement is well illustrated by an item we found recently in the Scientific News page of the International Herald Tribune. (See reproduction, below).

When we looked up 'histamines'

**Most of the actions of drugs, and their effect on complex human metabolic biochemistry, are poorly understood.**

and 'antihistamines' in the classic medical text, PATHOLOGY, by Stanley L. Robbins, M.D. We find the following statement: "Histamine is present in many tissues. Its job in normal cells is not fully understood." Further down, we read: "... mast cells, too, release histamine, though for what purpose in normal life we do not know." Then, the author goes on to state: "Antihistamine drugs in small doses inhibit the specific effects of histamine and delay, but do not prevent the development of the inflammatory exudate." Dr. Gerson regularly describes the importance, especially in cancer patients, of inflammation, and described that inflammation fluid (exudate) helps to kill cancer cells! So, it seems quite logical that antihistamines tend to aggravate cancer - or worse. Yet, the medical authorities feel that the benefits of these drugs outweigh its possible dangers (see sidebar).

The other item, below, found on the same page of the International Herald Tribune (of May 19, 1994) is also an indictment of the usual medical advice to patients to obtain an early diagnosis. It implies quite clearly that one might do best to leave certain cancers alone rather than to mutilate the patient!

## USE THE RIGHT JUICER

**D**r. Gerson's urging to use the right juicer. Confirmed once again!

At the beginning of May, we received a phone call from Colleen Clark of Syracuse, NY. She was told that she was only the 4th person in medical history to be diagnosed with a melanoma in the nose (per Dr. Edward Sall; Ear, Nose & Throat specialist. She continued: "They wanted to take my teeth, gums, bone under the eye and above the eye, cut my face open and radiate my face - but not put anything back - very deforming, face

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## Prostate Surgery Effects

DALLAS (AP) - Men who have their prostate gland removed because of early signs of cancer run a higher than expected risk of losing urinary control and the ability to have sex, the study concludes.

The study, conducted at Harvard-affiliated hospitals, found that the side effects of this common operation are much more frequent than surgeons usually acknowledge. The report is the latest contribution to the controversy over how - and even whether - prostate cancer should be diagnosed and treated. An estimated 200,000 cases, 80 percent of them at early stages, will be diagnosed this year in the United States.

The study was directed by Dr. James Talcott of Dana-Farber Cancer Center in Boston. He presented his findings at a meeting of the American Society of Clinical Oncology.

## Patient Story: Dianna Sals

Can we get enough protein on a totally vegetarian diet?

by Howard Straus, Editor

We are often asked whether we are getting enough protein on a totally vegetarian diet. Americans have been generally convinced by the purveyors of meat and dairy products that they need animal protein to have enough energy for athletic performance.

In fact, most vegetables are very high in protein, with the notable exception of yams and sweet potatoes. As far as athletic performance and stamina are concerned, our performance fuel is complex carbohydrates. The following story is illustrative.

At a recent POWER NUTRITION seminar, Dianna Sals, now recovered over five years on the Gerson Therapy from recurrent breast cancer, told us of one experience she had while she was on the therapy.

After a year and a half of therapy, with little exercise other than juicing, Dianna, then 53, felt well enough to go down to her tennis club to see if she could scare up a match. She loves tennis, and had played very well before her illness.

At the club there was a women's singles tournament beginning, and when she was invited to join, she did so with a little trepidation, as she had not conditioned herself.

She won her first match, a hard fought, three set match. She paused for lunch, which she had brought with her. She then proceeded to win her afternoon match more easily.

Having won, Dianna was now required to play in the semifinals the following day! In the past she would have been wiped out for days after an intense match, but, to her great surprise, she felt terrific (especially after a coffee enema). Not only did she win the semifinal match, but before the final, she played three hard

## Vitamin rich foods behind cancer recovery — study

Paul Clayton and Judy Jones

reprinted from the Edmonton Journal, Thursday, April 28, 1994

Women with breast cancer may significantly improve their chances of recovery by changing their diet, new research suggests.

A group of Danish sufferers has experienced marked improvements in health since they began taking dietary supplements rich in vitamins and minerals, in addition to routine treatments.

All 32 women had advanced tumors when they embarked on the trial in Copenhagen two years ago.

Six would have been expected to die during that time under normal circumstances.

Instead, all have survived and sustained modest or dramatic improvement in their conditions.

The specialists who ran the trial have hailed the results as an important breakthrough in the treatment of breast cancer.

The critical role of diets rich in fruit and raw or lightly cooked vegetables in helping to prevent cancer and heart disease has been accepted by growing numbers of doctors and scientists.

The Danish research provides a strong indication that diet can also help to control and even eradicate cancer, as well as prevent it.

None of the women in the breast cancer trial lost weight during the two years, and they needed fewer

painkillers than would be expected. None of them experienced any spread of the cancer.

Three of the women were cured, and a further three experienced a substantial regression of their tumor. Most said they had felt much better since embarking on the trial.

In addition to receiving radiotherapy, chemotherapy or surgery - or a combination of these - the women were put on an intensive program of dietary supplements.

These consisted of the antioxidants vitamins C, E and beta-carotene; selenium, a trace mineral; fatty acids such as those commonly found in fish oils, and a branded formulation of a substance known as Vitamin Q, which the body makes naturally from other vitamins. Previous studies have shown that levels of Vitamin Q in cancer patients are abnormally low.

The selection of dietary supplements as made after an analysis of all the available scientific literature on the anti-cancer effects of all vitamins and minerals.

"I have never before seen a spontaneous regression of the type of breast tumors that we were treating in this trial," said cancer specialist Dr. Knud Lockwood.

sets of mixed doubles.

In the end, she won the club championship, and felt no fatigue or exhaustion the next day. And this after over eighteen months of the virtual inactivity required by the Therapy. Her stamina and energy remain higher than that of her 28-year old daughter.

You may not become a tennis champion like Dianna, but we can assure you that you are more than adequately provided with protein!

*In the next Healing:*

*Charlotte Reports on her European Trip*

*Dr. Revici Wins Landmark Case in New York*



## Clinical Notebook ...

*(Continued from page 7)*

sunken!" She didn't want any part of that. She found out through a friend about the Gerson Therapy, got the Gerson book and realized "This was it!" She started the Therapy with a centrifugal juicer for seven weeks and found that her tumor remained steady but there were no significant changes. On 'Good Friday', she started the Therapy with the proper juicer. After 4 weeks, she 'blew a tumor out of her nose'. Her skin color went from orange to whitish, energy level increased. She was amazed at the dramatic changes with the right juicer. Her friends are organizing a fund raiser for her so she can go to the Hospital.

Only about a week later, during my one day's stay in London, a lady showed up at my lecture there. She told virtually the same story: She had uterine cancer and started the therapy with a centrifugal juicer - nothing happened for about 8 months! A short while after getting a loan of a Champion juicer, and making her juice with it, she had a strong healing reaction and is now well on her way to a total recovery.

*"Study Nature, its eternal laws will keep you" Dr. Max Gerson to his daughter*

## Patient Letter

## Ron: Pancreatic cancer with liver metastases

Dear Charlotte,

I thought I would write you this letter to let you know how Ron is doing as well as to thank you for the inspiration you gave us when we were down at CHIPSA eight months ago.

We know you talk to hundreds of cancer patients every week and it must be almost impossible to remember them all. To refresh your memory: we were down at CHIPSA in June, 1993. Ron was diagnosed with pancreatic cancer with metastases to the liver. He was 45 years old and had taken no other conventional treatments before coming to CHIPSA. After we had been doing the therapy at home for 6 weeks, you came up to Seattle for the NHF convention, and Ron spoke to the audience during your presentation, testifying to how well he felt with the therapy.

Anyway, Ron is currently at 8 1/2 months on the therapy and doing very well. He has gained all his weight back, has no abdominal pain, has high energy and looks terrific! We recently had an ultrasound done on him and the mass that was clearly visible in the head of the pancreas last year is no longer visible now! The lesions in the liver are larger this year, but are surrounded by dark rims which we are hoping is inflammatory fluid and a sign that the body is now working on those tumors. (Comment: more likely they represent encapsulation. Charlotte) Dr. Ortuno is pleased and needless to say, so are we.

This therapy has certainly turned our world upside down. Our lives are necessarily structured totally around Ron's therapy and survival. I've become quite creative as a vegetarian cook and we have curious onlookers from our community all the time. Ron and I were invited to speak at a local community college (where I took my nursing school) and he captivated the audience and enlightened them as well.

Thank you again for carrying on the vital work of your father and for offering hope to all those cancer patients that were given no hope before. We plan to see you in Seattle again this year if you're up here again!

Ron & Kay

**POWER NUTRITION SEMINARS OFFERED IN CARMEL, CA**  
SAT, AUG. 20, 1994  
SAT SEP. 17, 1994  
10:00 AM to 4:00 PM

**P**OWER NUTRITION is an all-day seminar designed for people in generally good health who want to maximize their health and well-being, immune system function, stamina, energy and vitality, lose unwanted weight, prevent degenerative

("dread") diseases and overcome or avoid addiction. Desirable benefits of the recommended lifestyle include vibrant good health, and slowing, and often actual reversal of the "aging process".

The principles of the POWER NUTRITION program are based on the clinically proven methods of the Gerson Therapy and the Gerson Therapy Maintenance Program.

The Seminar Leader will be Howard Straus, Editor of the Gerson Healing Newsletter, and grandson of Max Gerson, M.D. He has been giving the Power Nutrition seminar for over three

years, and has lectured both in the United States and Europe with Charlotte Gerson during the Gerson One Day Conventions. Mr. Straus has been on the Gerson Institute Board of Directors for over 12 years.

The price of the seminar is \$45 in advance, \$50 at the door. Students and seniors \$35 in advance, \$40 at the door.

For more information, or to register for the seminar, call Howard Straus at (408) 625 3665, or write to: Howard Straus, 25680 Tierra Grande Drive, Carmel, CA 93923.