



# GERSON HEALING NEWSLETTER

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## Research Journal Reports Hot Dogs Linked to Leukemia, Brain Tumors

by Charlotte Gerson

On June 4th, an article appeared in the research journal *Cancer Causes and Control*. The journal article, and two other recently-completed studies, including one by Sara Sarasua and David A Savitz of the University of North Carolina at Chapel Hill, stated that

- children who eat more than 12 hot dogs a month develop childhood leukemia more than nine times as often as normally expected.
- children born to mothers who eat at least one hot dog a week during pregnancy have double the normal risk of developing brain tumors as do children whose fathers ate hot dogs before conception.
- children who ate hot dogs once a week doubled their chances of brain tumors; twice a week, they tripled it.
- the children of men who ate franks often had an 11 times greater risk of leukemia than normal.
- kids who ate the most ham, bacon and sausage had a tripled risk of lymphoma.

The article went on to say that researchers led by University of

Southern California epidemiologist John Peters, believe the findings may explain a two-decades rise in reported childhood leukemias and brain tumors. They suggest the trigger for the cancers could be nitrites used to preserve processed meats.

There have long been reports linking nitrites to nitrosamines when ingested and combined in the digestive system. These nitrosamines have also been described as carcinogens.

When I saw the article, I went to my neighborhood supermarket to look at the ingredients in hot dogs. Various brands are almost identical in their ingredients: Pork, beef, water, salt, corn syrup, mustard, dextrose, spices, onion, garlic, sodium erythorbate, sodium nitrite, and spices extractives [sic]. I do not know what this may refer to. But I was rather shocked to find, when checking packages of bologna and salami that their ingredients were identical to those found in hot dogs! In other words, eating hot dogs, plus spiced lunch

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**Hot Dogs and Leukemia...***(Continued from page 1)*

meats will increase the toxic load in children.

A newspaper report on the journal article notes, "Such studies are hard to conduct and interpret because it is difficult for subjects to accurately recall what they have eaten in the past."

Nutrition "expert" Michael Pariza of the University of Wisconsin said, "It would be extremely premature to draw any conclusions from this type of study."

The investigators did *not* advise people to give up hot dogs, saying their "studies are too preliminary to have established a cause and effect link." The research was based on 621 cancer patients and an equal number of controls. In fact, the American Cancer Society specifically said they wanted to study the matter further. They said the same thing in 1981, some 13 years ago, when *The Cancer Chronicles* wrote an article on carcinogenic nitrates in frankfurters!

It might be worth remembering that when a very few children, certainly far less than 621, suffocated as a result of playing with polyethylene cleaner's

*(Continued on page 4)***Membership Alert**

Sandy, our membership director, has been gradually going through our files, and flagging the names of former members who have not renewed their memberships in the last year or more. If you wish to continue receiving the *Gerson Healing Newsletter* (and we sincerely hope that you do), we strongly urge you to heed the renewal notice. There is a membership form on the inside of the back page of this newsletter. Please take the time to fill it out and send it in today. Your contribution helps us continue our work, and keeps your membership current. Thanks!

- Ed

**DR. REVICI WINS AFTER 11 YEARS IN COURT****New York Court Recognizes 'Assumption of Risk'**

by Charlotte Gerson

Dr. Emanuel Revici, now in his high nineties, has been practicing in New York for many years. He uses an alternative therapy, not approved by the FDA or AMA. Usually, his patients sign a paper stating that they understand that his treatment is unorthodox and that they are willing to assume the risk for this treatment.

Harvey Wachsman, a rabid opponent of unconventional medicine sued Dr. Revici on the basis of using unapproved medical treatments. In one of the earlier decisions, the jury came up with an award of 1.3 million dollars against Dr. Revici. After many legal maneuvers, and after 11 years of keeping this case in the courts, finally Dr. Revici won. But the victory has other, more important implications. This is the first case in the country in which the jury found for a

doctor who is stating that the patient is assuming risk for submitting to an unorthodox treatment.

This hard won decision should discourage lawyers from filing malpractice suits against other doctors simply because these doctors use unorthodox methods. We should also keep in mind that the outcome of any treatment is not at all in question. Since some 600,000 people die of cancer annually in the U.S. alone, and since they have all undergone orthodox treatments, the fatal outcome does not put the doctor on trial - as long as he used procedures approved by orthodox medicine. While many unorthodox practitioners have dramatic results and are able to help patients even after they have been declared hopeless with orthodox treatments, none of these doctors claim 100% recoveries in these advanced cases. Now these physicians can at least give terminal patients another chance to find help even after all the orthodox treatments have failed.

**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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Howard D. Straus, Editor

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Charlotte Gerson, President  
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## Editor's Corner

by Howard Straus

I would like to express my thanks to the many people who have specifically written to us to tell us that they are enjoying the new format and publication schedule of the *Gerson Healing Newsletter*. As you know, I have only been the Editor for a short time, and the response that we have gotten has been most gratifying.

Many of you have gone further than simply noting your satisfaction with *Healing*; we have been getting a good number of renewals of Gerson Institute memberships, memberships that had often lapsed for long periods. We have also received extra contributions, above and beyond the memberships. We would like to express our gratitude for these, as well.

The Gerson Institute stands, with a small but growing number of other organizations, for the choice of the individual to make his own medical and health care choices. Inherent in this right is the right to full, honest and unrestricted information about the consequences of the choices that we make. The opposition, including both governmental, institutional and industrial forces, seems to stand for the opposite in the name of profitability, commerce or political power.

It is the aim of the *Gerson Healing Newsletter* to continually bring information to our members that will help them to make informed choices, to safeguard their own health, and to be aware of developments regarding the Gerson Therapy, the Gerson Institute, and political or legal moves by both the establishment and by those groups in the alternative medical area.

We will comment, when it seems appropriate, on developments as we become aware of them. Thank you again for your response!

- Howard Straus, Editor

## Appendix II of A Cancer Therapy available as pamphlet

1956 Lecture by Dr. Gerson is an excellent introduction to the Gerson Therapy

Do you have friends or family members who have expressed curiosity about the Gerson Therapy? Would you like a clear and concise written explanation of the background and development of the Therapy?

Appendix II of A Cancer Therapy, bound as a separate 34-page booklet together with Appendix I, containing the less intensive Gerson Therapy, is available from the Gerson Institute now for \$2.00, including first-class postage, or \$1.50 each for orders of ten or more.

Appendix II is a lecture by Dr. Gerson explaining the history and basis of the Gerson Therapy. It is easily understood by both laymen and by medical professionals, and is an excellent introduction to the Therapy.

This pamphlet is an excellent introduction to the Gerson Therapy for both laymen and physicians. Order several copies at this low price to acquaint your friends and family, and even your physician with the potential and power of the Gerson Therapy.

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

## Non-Toxic Pest Control and Pool Treatments

by Howard Straus, Editor

From time to time, we become aware of products or services that could be of benefit to our members. Please keep in mind that we are not endorsing the products in any way, nor vouching for their effectiveness. We are only bringing them to your attention, and suggesting that you consider them in your program of non-toxic living.

The Tallon Termite and Pest Control company in San Diego (619-236-0304) advertises, "We Kill 'em With Coldness." They refer to their process of injecting liquid nitrogen into walls where termites live, freezing them and their eggs. There is no toxic residue (nitrogen is one of the normal components of the air we breathe). It is most likely that you can find a similar company in your area.

Other non-toxic pest control methods include high-voltage electricity or microwave energy to "fry" termites. Once again, there is no toxic aftereffect. Whatever your choice is, it is important to very carefully consider toxic residues of your termite treatment.

Caribbean Clear USA, Inc. (1-800-488-POOL) offers a chlorine-free swimming pool purification system, involving copper/silver ionization, pH control and traces of a halogen (probably bromine). Given the dangerous effects of chlorine on the immune system, and the fact that many people with swimming pools do not want to give them up, this method could be worth evaluating.

National Growers Nursery (1 Eversly Ave., Norwalk, CT 06851) claims that one of their citronella plants can protect an entire acre from mosquitos, once again, with no toxic insecticides. They offer the plants for \$5.98, or two for \$10.98, plus postage.



## NY Legislature approves alternative health care bill

reprinted from NHA fax Update, July 4, 1994

Legislation designed to protect non-conventional physicians against biased or unfounded disciplinary actions passed the New York State Senate late Saturday as the state legislature ended a tumultuous session in a frenzy of horse trading.

The bill was approved Friday in the Assembly, the legislature's lower house, after Senate and Assembly leaders and the state health department agreed earlier in the week to the bill's provisions. Now it will go to Gov. Mario Cuomo for his signature.

The victory in Albany is of national significance because of the influence of New York, along with California, on the other states' policies regarding health care and other issues.

### Patients' rights protected

The Alternative Medical Practice Act, if signed into law by the governor, would:

- Recognize the role of legitimate non-conventional medical treatments;
- Place at least two non-conventional physicians on the state professional medical conduct board;
- Promote greater participation by non-conventional physicians in the investigation and disposition of misconduct cases involving issues of clinical practice;

- Direct a panel to study whether specialists -- conventional or non-conventional -- must be consulted in particular investigations and committee hearings on professional medical conduct involving issues of specialized clinical practice.

### FAIM pushes bill through

The legislation's primary backer has been the Foundation for the Advancement of Innovative Medicine (FAIM), a New York-based advocacy group founded in 1987. FAIM is composed of 3,000 physicians, patients, suppliers, and others interested in protecting patient access to alternative and complementary health care.

The primary lobbyist for the bill since it was proposed five years ago has been Monica Miller, who has also lobbied for the Nutritional Health Alliance in Washington. Miller was part of NHA's core lobbying team which conducted door-to-door campaigns in Congress, helping to build on grassroots efforts and sign on scores of early Hatch-Richardson cosponsors.

*Editor's Note: Governor Cuomo has 30 days to act on the bill. At press time, he has not acted to either sign or veto the bill. As soon as we know Gov. Cuomo action, we shall report it to you.*

### Hot Dogs and Leukemia...

*(Continued from page 2)*

bags, the use of the bags was immediately and sharply curtailed, and warnings were required to be printed on all plastic bags. We seem to be far less concerned with our children's health and welfare, choosing to turn a blind eye when it requires that we look at a food habit that we have given to

them, and that we have ourselves.

It is becoming abundantly clear that the food industry, meat packers, FDA and medical community won't protect us, especially if we do not demand it. They will protect industrial profits, jobs and economic interests, no matter how many of our children it costs. We *must* protect ourselves! Would it not be much wiser, in the interest of protecting our children, to

## Hearing Focuses on Senate Alternative Medicine Bill

from the National Health Alliance

How to preserve Americans' right to the treatment of their choice — even if it has not been approved by the FDA — was the key issue last Friday at Sen. Tom Harkin's hearing on the recently introduced Access to Medical Treatment Act.

The FDA and Consumers Union spoke against the bill, but the other eight witnesses — including consumer groups and patients of alternative practitioners — strongly endorsed the legislation.

Dr. Michael Janson of the American Preventive Medical Association told the seven senators present that "it would be a curious situation to have less choice in health care in America — for both doctors and patients — than is found in Russia, Mexico, Germany, and almost every other country."

Written testimony may be submitted to the Senate Labor Subcommittee on Disabilities through August 5. (202) 224 6265

strongly advise mothers to curtail their children's consumption of hot dogs and lunch meats, and print warning labels on their containers *until the foods have been proven to be safe?* In the light of these findings, and similar findings that have been accumulating for the past 15 years, would it not be in order to warn pregnant women of the potential danger to their fetuses, as we do in the case of Fetal Alcohol Syndrome (FAS)? Or is it simply easier to blame the demon alcohol, and not look at the other demons we are harboring?

In the meantime, would you want your children to consume any amount of hot dogs, bologna, salami, bacon or ham?

## USA Weekend Surveying Alternative Therapies Requesting Patient Experiences

In a recent issue of USA Weekend Health, part of the weekend edition of USA Today, the editors invited readers to write in about their experiences with alternative healing methods, in light of the current US Government studies and general interest in the subject. The Gerson Institute accordingly sent out the following letter, with stamped, addressed envelopes, one to USA Weekend Health, and one to copy the Gerson Institute with the reply, so we would be aware of what was being sent.

July 11, 1994

Dear friend and former Gerson patient,

Many of our recovered patients ask us "What can we do to help the Gerson Institute, and spread the word about the Gerson Therapy?" I would now like to ask you to DO something for us, for the public, and for your family.

Some of you may already have noticed a request for a write-in from USA WEEKEND Health. They advise the public that the U.S. government is studying various types of alternative medicine. In this connection, USA WEEKEND editors say that they would like to hear about experiences you have had with alternative medicine.

Please be sure that your letter is received by August 19th, and contains a picture (which will not be returned). Also, include your daytime phone number - you may be contacted. Your report should not be lengthy, but please be thorough and exact with your basic facts:

When and where were you first diagnosed (biopsies, if you had

cancer). Give your doctor, hospital or oncology center. What were the recommended conventional treatments, and which ones (if any) did you receive. After original conventional treatment (if any) did you suffer a recurrence, when and how was it diagnosed, and what was your prognosis.

How did you find out about the Gerson Therapy; did you experience tumor regression, disappearance (if not cancer, disappearance of disease symptoms). How did you feel, and how are you today. Did you have a restaging after you were well. By whom, and what did the report state.

We are contacting several hundred of our recovered patients. If you all write in and tell about your recovery, the editors will be swamped and will have to report about this method. PLEASE, write before the deadline (August 19) and mail with a photo to:

USA WEEKEND Health  
1000 Wilson Blvd.  
Arlington, VA 22229-0012

Please send a copy of your letter to the Gerson Institute. We may then also publish some of your reports for our membership in the new GERSON HEALING NEWSLETTER.

I look forward to hearing from you,  
Sincerely,

Charlotte Gerson.

At press time, we have received several copies of letters sent to USA Weekend Health. We shall report on the response, and print some of the replies in future Gerson Healing Newsletters.

### Patient Letter: How I Removed Sinus Polyps With No Drugs or Surgery

by Pat McClendon

When I showed him the polyp hanging out of my nose, the medical doctor told me surgery was the only way to remove the polyp matter in my sinus, that it was caused by pollen in the air, and would have to be done each year. He died two years later of cancer.

Since I had just read Jacquie Davison's book, *Cancer Winner*, I went home with coffee and carrots. My thought was that anything less than melanoma from which she recovered, would also be healed. She used Dr. Max Gerson's book, *A Cancer Therapy: Results of 50 Cases*.

Because I seek the will of the Father in all that I do, and I didn't use coffee, I prayed to Jesus Christ. His answer was a warm feeling. I give the credit to Him because that night I could breath through my nose. In a week, my nose was clear. In five weeks, dried polyp matter was expelled from my nose and sinus.

This is written to save others the horrors of sinus surgery, which I have seen in others.

For anything more serious, please call the Gerson Institute in Bonita, CA at (619) 472 7450.

### In the next Healing:

**Salt Poisoning**

**USA Weekend  
Responses**



# From Charlotte Gerson's Clinical Notebook

## European Tour, Report from CHIPSA

by Charlotte Gerson

Returning from a 3-weeks' trip to Europe, I was full of stories about some of the recovered patients I had met. At the Hospital, Dr. Melendez was excited to hear about them and said, "Next time, I'll have to come with you." She is right, it gives us a real lift to see so many people getting well and back to full, productive lives by following Dr. Gerson's treatment.

Some of the patients illustrate an important situation. One patient showed me her doctor's report. She is Claire J. in London, about 50 years old. She was diagnosed with an "ovarian cyst and mass measuring 7x3x5 cm." She was told that the outlook was poor, the mass possibly cancerous, and that she should have an immediate exploratory surgery. (A cyst plus a mass is almost certainly malignant; but Claire refused surgery and therefore had no biopsy. I have very regularly seen doctors tell patients "It's probably just a cyst" when they are almost sure that a lump or mass is malignant.)

Claire started "a modified Gerson Therapy" (I don't know just exactly what that means, and how 'modified') in May of '92. She lost weight naturally, which she needed to lose, got rid of depressions, had all-around better mental function, concentration and was able to do planning. Claire had a scan on August 25, '92, on which her doctor commented, "Rather surprisingly the cysts have gone!" (exclamation mark his) Claire remains in good condition.

While Joan S. is in our book almost a routine recovery, she does represent a recovered patient of recurrent melanoma - remarkable in 'orthodox' medicine. In 1983, she had a mole removed from her arm which proved to be melanoma. In 1987, recurrence: new lump and lymph nodes removed from right axilla. Started the Gerson Therapy Jan. 1, 1988 and remains in excellent health.

**... after years of  
treatment with powerful  
antidepressant drugs,  
Delphine developed a  
very aggressive form of  
lymphoma.**

Janet P. had an intraductal, in situ breast cancer diagnosed in '87 and had surgery. Prognosis: 2-10 years if cancer returned. Recurrence in July '89; started Gerson Therapy at CHIPSA hospital in August '89. She is now in sparkling good health, active, happy and helping others.

It is always a special pleasure for me to see Delphine L. Not only is she a good friend, but she was quite seriously ill and her history illustrates how young people (she was in her early thirties) can go down, down in health and finally develop cancer. She started with pneumonia at 3 years of age; then had an appendicitis and surgery for removal of the appendix at age 4. She had some minor problems during her teens, but

in her early twenties, started developing cystitis (bladder infection). Since this is a rather stubborn infection, she was naturally treated with wide spectrum antibiotics.

The infection was finally overcome - but then Delphine suffered from candidiasis. (This is also expected, because antibiotics remove bacteria from the colon and thus the 'competing' organisms for nutrients. This regularly causes candida albicans - yeast infections - to occur.) So, she was given drugs to combat the candida. When that problem was overcome, she again suffered with cystitis. More antibiotics - more candida - more drugs, more cystitis.

This cycle continued for a number of years, leaving Delphine very depressed, more or less constantly ill and on drugs. When her depression became severe, of course the doctors had drugs to 'treat' that problem. But anti-depressants are very damaging. It is therefore not at all surprising that after years of treatment with numerous and powerful drugs, she developed a very aggressive form of lymphoma. She was told that there was not really any effective treatment available for her problem. The possibility of a bone marrow transplant was offered - but she refused and came to CHIPSA in Mexico in 1986. Delphine noted some immediate response with skin problems and was encouraged. She faithfully followed the Therapy for some three years or more and is in good health, well working and creative.

## Clinical Notebook ...

*(Continued from page 6)*

John H. also came to the London seminar. He had a malignant melanoma under his arm, the size of a walnut. During his first two weeks at CHIPSA it grew rapidly and he was very frightened. The doctor's reassurance didn't help much. But, before he left, the tumor started to reduce and, by about three months, it was gone. He changed his lifestyle and mental attitude, and he remains healthy, helping other Gerson patients, giving talks about his recovery and the Gerson Therapy. John also issues his own Gerson Newsletter.

Xavier N. has a different story. He was a heavy smoker, and by '91-92 he had developed emphysema. He started to use inhalants and vasodilators to help him breathe. But, more and more, he was suffering from exhaustion. In June of '93, he found Beata Bishop's book and was very interested. In September of '93, he came to CHIPSA, with his inhalants and other medications, having breathing difficulties, pressure on the chest, and unable to climb stairs. His doctors in England had told him that he had 70% loss of lung tissue. In addition, he had severe leg cramps when he would lie down to sleep. He also had arthritis in his fingers so badly that he could not close them to make a fist. He reported that after the first day at CHIPSA, the leg cramps were gone; after about a week, he was able to make a fist. The pressure on his chest started to ease, he could walk without stopping to catch his breath.

When I was in London in May, Xavier met me outside the building where my lecture was to take place. The hall where we had to go was two flights up stairs. He climbed the stairs with me quite easily. He reported that he was vastly improved.

had better energy. We never promised him that all his lung tissue would come back - it doesn't. But he is satisfied with the tremendous progress he has made. Probably, as time goes by, he will continue to improve.

Usually, we also have the tremendous pleasure of seeing Beata Bishop at our London meetings. However, Beata is traveling in Hungary, where she is lecturing and supporting the Gerson network. It is noteworthy that all the patients discussed above were introduced to the Gerson Therapy by Beata's book, *A Time To Heal* (U.S. Title: *My Triumph Over Cancer*, available through the Gerson Institute, \$4. plus California tax and postage). There is no doubt that she has saved many lives with her book, making people aware of the Gerson Therapy.

**The "low fat" yogurt the doctor had advised Karl to use had a little over 3% butterfat!**

### Report from CHIPSA

A few weeks ago, a patient from Ireland returned to the Hospital after doing the Gerson Therapy for about one year. This is such an interesting case - and we learned a number of lessons from him - that I should like to share it with our members.

Almost exactly one year ago, Karl M. came to CHIPSA in very bad condition. He is about 5'10", weighed 360 pounds. He had been biopsied and "mixed chondrosarcoma" was diagnosed. He had a huge tumor in his abdomen, his left thigh was enor-

mously swollen with tumors. Aside from that, the area on his thigh where the biopsy was taken did not heal. On the contrary, the lesion became a huge open wound. Also, it was found that his lungs were 'full of tumors'. While at CHIPSA, he went through a number of healing reactions and, several times, he was so ill that we thought we were losing him. As a matter of fact, his wife and son came over from Ireland - just in case... But, he came out of it and returned home to carry on the therapy there.

When he came back to CHIPSA after one year, his lungs were clear. The tumor in his abdomen was so small that it was hardly noticeable. But his left leg was still hard and swollen, even though the open lesion was long healed. Meantime, he had lost over 100 pounds - yet one of his complaints was that he had not lost more! At 260 lbs. he was still largely overweight. Of course, he was put back on the full intensive therapy.

After just two days, he reported that, on measuring, the circumference of his thigh had gone down by one inch. But the swelling extended from the thigh almost straight into the abdomen. After about a week, there was a normal hollow in the groin area - the tumor had retreated also in length. Just a few days before he left for home, he reported 'bad news!' It turned out that he had some swelling on top of his left foot, which had previously not been affected. But, on questioning, it turned out that, well in the past, he had suffered a chemical burn in the area - and he was having a very positive healing reaction. (Good news!)

Then, he said he had more 'bad news.' This time he showed me a chemical analysis that he had ordered made on the yogurt he was having after his doctor permitted him to use non-fat yogurt. He was not able to obtain non-fat yogurt, so he got low-fat yogurt. The "low fat" yogurt he was eating, it turned out, had a little over 3% butterfat! That is much too high

*(Continued on page 9)*

## Raymond Swing Comments on Dr. Gerson's Congressional Testimony, July, 1946

Transcript courtesy of Kenneth Parker, recovered Brain Lymphoma Patient

On Wednesday, July 3, 1946, millions of Americans heard Raymond Swing's broadcast on the American Broadcasting Company network. To the cancer sufferer, to his family, to everybody who hated and feared the cruellest killer of all, it was a message of almost unbelievable hope:

"I hope I have my values right if, instead of talking tonight about the agreement reached on Trieste by the Foreign Minister in Paris, or the continuing crisis of the OPA in Washington, or President Truman's signing the Hobbs antiracketeering bill, I talk about a remarkable hearing before a Senate subcommittee in Washington yesterday on cancer and the need for cancer research in new fields.

"Let me first say that I well appreciate that one of the basic virtues of the modern medical profession is its conservatism. For without the most scrupulous conservatism in the statement and application of medical knowledge, there can be no confidence in the integrity of medical science. But for the very reason that the practice of medicine must be conservative, medical science must be bold and unceasingly challenging. Otherwise, medical science will not progress as it can and must, and will lose its integrity.

"A bill is before Congress, the Pepper-Neely bill, to appropriate a hundred million dollars for cancer research under Federal control. It proposes that the government go in for cancer research with something like the zeal and bigness with which it went for the release of atomic energy, turning the job over to the scientists with resources generous enough to solve the problem.

"This alone would make a good theme for a broadcast, just as an example of the use a great democracy can make of its intelligence and wealth. But the subject has been made peculiarly gripping by unprecedented happenings yesterday before the subcommittee which is holding hearings on this bill, and of which Senator Pepper is chairman.

"He invited as a witness a refugee scientist, now a resident of New York, Dr. Max Gerson, and Dr. Gerson placed on the stand, in quick succession, five patients. They were chosen to represent the principal prevailing types of cancer, and in each instance they showed that the Gerson treatment had demonstrated what is conservatively called 'favorable effect on the course of the disease.' That in itself is remarkable, but it is all the more so because Dr. Gerson's treatment consists mainly of a diet which he has evolved after a lifetime of research and experimentation. To say that Dr. Gerson has been curing cancer by a dietary treatment is medically impermissible, for the reason that there must be five years without recurrence before such a statement is allowed. Dr. Gerson has cured tuberculosis and other illnesses with his diet, but he has only been working on cancer for four and a half years.

"Let me say right away that I am not discussing this Gerson diet as a cancer cure-all. It has produced remarkable results. It also has the failures in its records, which anything as yet unperfected is bound to show. It is not something that offers release from the most rigorous and conservative medical observance in its acceptance and application. Whenever something new and

promising comes up in medicine, the temptation of the outsider and even some physicians is to run to glowing superlatives and expect too much from it. But anything that offers even a possibility of treating successfully at least some of the four hundred thousand existing cancer cases in this country is stirring news, no matter how conservatively it is formulated.

"There would be no Pepper-Neely bill to appropriate a hundred million dollars for cancer research if the existing research were coping with the need.

"...I have spoken about this carefully and abstractly, which is to lose some of the shock and delight of the experience yesterday at the hearing of the Pepper Committee. It is one thing to talk abstractly about chemistry and diet and vitamins and other factors in medical science. It is another to see, as the Committee yesterday saw, a seventeen-year-old girl, who had suffered from a tumor at the base of the brain, which was inoperable, and which had paralyzed her. Yesterday, she walked without assistance to the witness chair, and told clearly about her case and her treatment. There was a sturdy man, who had been a sergeant in the army, who had suffered from a malignant tumor, also at the base of the brain, which had been operated on but needed deep X-ray treatment, and this he could not receive because of the danger to the brain. Yesterday he was the picture of health as he testified, and quite naturally he was proud his remarkable recovery. There was a woman who had suffered from cancer of the breast which had spread. Yesterday, she was well and testified with poise and confidence.



## Clinical Notebook ...

*(Continued from page 7)*

and probably caused him the new growth in the thigh. Well, I told him that I considered this report 'good news' since he now understood the reason his tumor regrew. I need not say that he left for home in great good spirits. His illness was again turned around, and he was on his way to full recovery, since he now understood the problem he was having.

I have often observed with our Gerson patients another important facet this story illustrates, and have noted it in some of my lectures. The body, when it is strongly supported in its healing, generally attacks and destroys tumors in the most vital areas first. In Karl's case, his lungs cleared first, then the huge tumor in his abdomen. The leg tumors, while eventually damaging, were not interfering with his vital functions, as the lung and abdominal cancers were.

We have regularly warned Gerson patients to be sure to obtain NON-fat yogurt not LOW-fat. While in the U. S. usually low-fat yogurt contains around 2% butterfat, that is still too much and can produce new tumor growth.

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

## Swing Broadcast ...

*(Continued from page 8)*

"A few cases showing such improvement cannot, of themselves, affect the outlook of the medical profession. But they are attested facts and not flukes, and as such they have to be accounted for. And there are many, many more cases which could have been cited. It would seem to be the business of medical research to leap on such facts and carry every hopeful indication to a final, conservative conclusion.

"So the advocates of the Pepper-Neely bill can argue that unless we learn now how to deal successfully with cancer, many millions of persons now living in this country are condemned to die from cancer. A hundred million dollars is little more than a token payment for America to make to avert such a sweep of death, and they can then point to the Gerson dietary approach as a most promising field for research. Already it has achieved results which, while relatively few, are astounding and challenging.

"Dr. Gerson was an eminent if controversial figure in pre-Hitler Germany. He was bound to be controversial because he was challenging established practice in treating illnesses such as tuberculosis by diet. He has been assistant to Foerster, the great

neurologist of Breslau, and for years assistant to Sauerbruch, one of the great physicians on the Continent. The Sauerbruch-Gerson diet for skin tuberculosis is well-known to European medicine and the account of it is part of accepted medical literature. Dr. Gerson told the Pepper Committee that he had first come upon his dietary therapy in trying to cure himself of migraine headaches. Later he treated others, among them a man with skin tuberculosis as well. Dr. Gerson was an acknowledged dietary authority in Weimar, Germany, and was responsible for the German Army, of his time, being placed on dehydrated, rather than canned foods."

Immediately after Dr. Gerson's testimony, medical lobbyists shepherded attending newsmen and broadcasters far away from Dr. Gerson's expected news conference. Where there should have been a crowd of newsmen to report on what, to all intents and purposes was a major breakthrough, there were no reporters present to follow up the astonishing testimony. Except for this one broadcast, the information was never publicly aired. Four congressmen, who were also physicians, worked effectively to defeat the Pepper-Neely bill. No funds were allocated, and Dr. Gerson's testimony was ignored.

**POWER NUTRITION SEM-  
INARS OFFERED  
IN CARMEL, CA  
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.

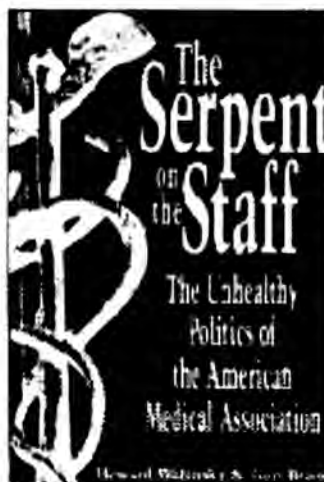
The price of the seminar is \$45 in advance, \$50 at the door. Students and seniors \$35 in advance, \$40 at the door.

For more information, or to register for the seminar, call Howard Straus at (408) 625 3565, or write to: **Howard Straus, 25680 Tierra Grande Drive, Carmel, CA 93923.**

**Book Review:**

**The Serpent on the Staff: The Unhealthy Politics of the American Medical Association**  
 By Howard Wolinsky & Tom Brune (*Jeremy P. Tarcher*,  
 267 pages, \$24.95)

The nation's chief physicians group, the American Medical Association, leads the fight against smoking, works hard to find alternative therapies, strongly advocates health-care reform and spearheads sound public policy regarding AIDS.



Right?

Wrong, says this book, whose authors document the huge and well-organized lobby's track record of fighting public-health efforts in nine condemning chapters.

Instead of supporting efforts to improve treatment, the organization supports the increase in physician wealth and should more appropriately be called the American Doctors' Association, they say.

These Chicago Sun-Times journalists describe how the AMA's top executives refused to back the requirement that health warnings be placed on cigarette packages while accepting huge amounts of money from the tobacco lobby.

The book documents AMA's reluctance to consider the potential for alternative medicine, its attempts to block upgrading the status of nursing, its suppression of national health-care reform efforts and its failure to advocate policies that deal with the AIDS epidemic.

This book should give deep pause to any patient or physician who thinks the AMA's prime function is to improve health care.

- Cheryl Clark, *The San Diego Union-Tribune*, June 15, 1994

*Please note: Although the Gerson Institute does not carry this publication, it is available through normal bookstore channels.*

## National Organic Directory

**"Bible of the Organic Industry"  
 Available**

We have just received our copy of the 1994 National Organic Directory, a listing of organic food and supplies businesses, organized by state. It contains:

- Over 1,000 cross-referenced listings of organic commodities bought and sold.
- Over 1,000 farmers, wholesalers, farm suppliers, special support businesses, certification and resource groups.
- Phone numbers, fax numbers and contact names for each business listed.
- Distinctive features and terms of each business.
- State and Federal Laws pertaining to Organics.
- A Yearbook Section containing organic information and publications.

We believe that this is a very useful publication, especially for Gerson patients who need to find sources of organic materials and supplies in all the states of the Union.

The 1994 National Organic Directory is available for about \$35.00 plus tax and shipping from:

Community Alliance With Family Farmers, P. O. Box 464, Davis, CA 95617, Attn.: Candace Lampe. Phone: (916) 756 8518 or (800) 852 3832. Fax: (916) 756 7857.

***Due to extremely high bank charges for foreign currencies, we can only accept checks or drafts for US Dollars for memberships, books, video and audiotapes.***

*Renew your membership in the Gerson Institute now, and don't miss your next issue of the Gerson Healing Newsletter.*