



# GERSON HEALING NEWSLETTER

Volume 9, Number 4

November-December 1994

\$2.00

## "Salt Poisoning"

by Charlotte Gerson  
President, The Gerson Institute

*Salt Poisoning* was the title of a videotaped study presented a number of years ago by the University of Tennessee. We happened to see it on TV when it was shown. The report was mainly concerned with the relationship between salt consumption and its effect on blood pressure.

The study covered various areas of the world which differ in their use of salt. It showed, for instance, a population in a northern island of Japan who use unusually high amounts of salt in their foods. The findings of the researchers were that these people also had a much higher than average incidence of high blood pressure, already at an early age.

Another group studied were people living in deep rural areas of Ethiopia, a good distance from large population areas and coastal cities. In these 'back woods' areas, little if any salt found its way to the people, and their foods were unsalted. The researchers also noted that there was virtually no incidence of high blood pressure among these people. Particularly, the elderly people showed rather a drop in blood

pressure. The only time that high blood pressure occurred was in young men when they were drafted into the army and given the regular, salted diet. However, when they returned to their native villages, and their salt-free foods, the problem disappeared.

These findings were not surprising, of course, since high blood pressure and salt consumption had long been associated. Most people in the Western civilized countries consume too much salt, more than the body can easily excrete. The excretion takes place through the bowel, the kidneys, perspiration, even through tears. However, and this was new to me, there is also a rather high level of salt in the saliva, in people who cannot excrete enough sodium through the normal channels. These are the people who pour salt on their foods before even tasting them. Their saliva is so salty that they cannot taste any food without adding still more salt. Dr. Gerson talks a great deal about the problems of excess salt (sodium chloride) in our diet. He became aware, very early in his nutritional

(Continued on page 2)

### *In This Issue:*

- Salt Poisoning  
Page 1
- Editor's Corner  
Page 3
- Cuomo Signs Alternative  
Health Care Bill  
Page 3
- Non-Toxic Resources  
Page 3
- Breast Implants Safe?  
Page 4
- USA Weekend Survey Reply:  
Patient Letter  
Page 5
- Charlotte's Clinical Notebook:  
Male Breast Cancer, Hyper-  
tension, Melanoma  
Page 6
- Healthy Holiday Feasting  
Recipes  
Page 7
- Chronic Fatigue Syndrome:  
Patient Story  
Page 8
- Book Praises Castor Oil Packs  
Page 9
- Patient Letter: Jim Elk, Lym-  
phoma, Arthritis  
Page 11
- Organic Food by Mail  
Page 11

## Salt poisoning ...

(Continued from page 1)

studies, that excess salt was one of the major causes of disease. He felt that the first problem of a body which is degenerating is the penetration of salt into the cells (tissues). Sodium is also known as the extra-cellular mineral. In other words, it should not be found in the cells, but belongs in the serum (the body fluids, including the blood). Potassium is the mineral which belongs in the cells, or the intra-cellular mineral. The penetration of salt into the cells changes the cell metabolism. The body, in its attempt to decrease the damage caused by this excess sodium, binds the sodium with water, to dilute its toxic effect. This excess water in the tissues is called edema. According to the studies of Dixon and Webb, in their book *Enzymes* (1965), sodium acts as an enzyme inhibitor in the majority of enzymes these authors studied. Enzyme inhibitor is also one definition of "poison." Dr. Gerson was very much aware that he had to help the body to get rid of the excess sodium and help it to restore potassium to the tissues and organs. To accomplish this goal, he restricted sodium intake and added large amounts of potassium compounds to an already high potassium vegetarian diet.

Our point here is the problem most people have when they first start to eat an entirely salt-free diet. You hear: "The food is flat, I can't taste anything." This also tends to reduce the new patient's appetite. But there is encouraging news:

**Appendix II of A Cancer Therapy** is still separately available as a pamphlet from the Gerson Institute. As an introduction to the Gerson Therapy, or as an explanation of its background and development, it is an excellent, low-cost "handout" for family and friends. Why not get several to pass around?

After about 5 to 10 days, with the high potassium/low sodium diet, the high amount of salt in the saliva is gone, the body has eliminated most of the excess sodium - along with edema also in the legs, abdomen, etc. And patients report that they are starting to like the soup and the foods now have taste. Of course, the foods are the same, but the patient's saliva is changed. After about two years on the Gerson Therapy, at the time when the patient is well and could, theoretically, go back to a more or less "normal" diet, he will no longer be interested in adding salt to his food. His taste buds not only do not require it - salt has become irritating and distasteful!

**One zealous lady,  
being told that garlic is  
also very healthful,  
added garlic to her  
oatmeal!**

During these first days, we try to help the patients to make the foods tasty by encouraging them to add garlic to their foods - the soup, salad, vegetables, everything. One overly zealous lady, being told that garlic is also very healthful, even added garlic to her oatmeal!

## 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.

We had one particularly dramatic response to the Gerson Therapy in a patient. She had been biopsied and diagnosed with lymphoma. It was inoperable because one large mass was wrapped around her aorta. She presented with an exceptionally severe edema, not only in her legs and feet, not only in her abdomen (ascitis) but her hips and buttocks were hugely distended. In only 5 days, she lost 27 pounds - all fluid - and her legs, feet, abdomen, hips and buttocks were completely normal. Then the body proceeded to also break down the tumor tissue, and after 8 months, her large, watermelon sized tumor in the abdomen, was gone. Now, after about 1 1/2 years, she is well, engaged in her singing career, active and happy.

This patient sent me her doctor's findings after about eight months on the Therapy: He noted that, rather surprisingly, her edema had been "resolved" (cleared). He also commented that the large mass in her abdomen was no longer palpable (could not be felt). He went on to say that the patient wished to continue this therapy in spite of the high level of work it involved, and that she "still refused chemotherapy"! But, that she was showing a "severe carotincmia." In other words, her skin was showing the typical orangish carotin discoloration, which is completely harmless!

I must add another rather disturbing item to this story. The average American

(Continued on page 5)

### **Gerson Healing Newsletter**

© Copyright 1994, The Gerson Institute.  
Howard D. Straus, Editor

Please address all letters and comments to:

**GERSON INSTITUTE**  
P. O. Box 430  
Bonita, CA 91908-0430  
(619) 472 7450

Charlotte Gerson, President  
Norman Fritz, Executive Vice President

## Editor's Corner

by Howard Straus

November and December bring the holiday season, with all the fun, food, celebration and stress it brings. Thanksgiving, Hannukah, Christmas, New Year's Eve, uncountable office parties, open houses, invitations and other events tempt us.

It is no accident that, after two solid months of celebratory abuse plus the seasonal lack of sunshine, exercise and fresh air, our bodies finally give up. Every January, or at latest February, there is a new and mysterious outbreak of the "flu that's going around." It just seems that all of our coworkers, families and friends are down with something.

I often work in close proximity with people who do not choose to take care of themselves. All too often, my associates will succumb to seasonal "viruses" or "flus" in the new year. Although they infect each other and their families, my family and I remain "miraculously" untouched. Since this has continued for over ten years, it is almost certainly not a fluke.

We would like to remind you that it is not the fate of your fellows that is the determinant of your health this season, and, of course, in the months to follow. What really matters is that you must take responsibility for your own health.

We are by no means recommending that you give up the parties. We only want to remind you that your health is in your own hands.

To help you celebrate, we are providing some delicious and wholesome recipes for your feasting pleasure. These are dishes you can eat knowing that the tasty food is doing you good, not harm.

Be a little moderate. Keep on eating your really good food. If you feel you must eat some junk to participate, do an extra coffee treatment. Have a couple of extra glasses of carrot/apple juice. Pay attention to your body signs.

We want our members to be healthy and happy, not only this season, but for many seasons to come. Happy Holidays!

- Howard Straus, Editor

## Gov. Cuomo Signs New York Alternative Health Care Bill

by Howard Straus

The New York State Alternative Health Care Bill we reported on in the last (September/October) issue of the Gerson Healing Newsletter has been signed into law by New York Governor Mario Cuomo, according to our contact in New York, Ruth Sackman.

An interesting feature of this landmark legislative action was its treatment by the press as a virtual non-event. It was difficult, in fact, to find out whether the bill had even been signed.

To recap the main features of the new law, it will:

- 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.

This law has large implications for alternative practitioners. Alternative medical treatments, already in use by surprisingly large numbers of Americans, have been legitimized by the legislative process of one of our largest and most populous states. It is, in effect, a major crack in the crumbling stone wall that has been placed in the path of those who believe there is a better way, and have had the courage to buck the tide to prove it over the years.

## Non-Toxic Resources

by Howard Straus

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 these products in any way, nor can we guarantee their effectiveness. We are only bringing them to your attention, and suggesting that you consider them in your program of non-toxic living.

**Bats are said to eat up to 600 mosquitos and other flying insects per hour, up to their own weight every night.** The Sharper Image catalog advertises a bat-house for up to 15 bats to attract them. (The Sharper Image, 1-800-344-4444, \$39.95)

Also from the Sharper Image catalog, a **pest deterrent ultrasound generator** claims to disturb the sensitive hearing of rodents, raccoons and deer, keeping them away safely and without chemicals. Indoor and outdoor models are available. (\$59.95 to \$79.95, also from the Sharper Image)

A **wide range of non-toxic environment enhancing products**, from full spectrum fluorescent bulbs and ozone generators to EMI shields for your computer screen is available from Befit Enterprises, which publishes the Cutting Edge Catalog. Write to Befit Enterprises, Box 5034, Southampton, NY 11969, or call 1-800-497-9516.

Dramatic health benefits have been reported over 50 years of research from ingesting negative ions. Pat Lee, of Fort Collins, Colorado provides **therapeutic ionizers** that produce an atmosphere similar to that present after an electrical storm. (Pat Lee, 1-800-888-1374, \$499 to \$525)

Pat is also one of the few sources of food grade, 35% hydrogen peroxide available. Call him for details.

## Breast Implant Safety

NEJM Reports "no obvious excess of disease" in 641 women

Howard Straus, Editor

On June 16, 1994, the New England Journal of Medicine published a report on silicone breast implants that, among other things, "found no evidence that they cause connective tissue diseases or other illnesses," according to a story in the New York Times of the same date.

The study, done by Dr. Sherine E. Gabriel of the Mayo Clinic in Rochester, Minn., reported that the 749 women living in Olmsted County, in southern Minnesota, from 1964 to 1991 who had breast implants had no *obvious excess* medical problems. (Emphasis mine)

The executive editor of the New England Journal of Medicine, Dr. Marcia Angell, discounted the reports of diseases as "anecdotal," even though there were thousands of them. This is in marked contrast to the medical profession's attitude towards alternative medical therapies, where any negative case is considered proof positive of malfeasance, incompetence and bad science.

My local newspaper, the Monterey County Herald, a conservative paper that favors status quo and Republican causes, promptly (June 20) ran an editorial pronouncing the total safety of silicone breast implants, lamenting the unwarranted death of an important and

lucrative industry at the hands of alarmists and attorneys, and urged those women who still have implants not to worry, they were in no danger whatever.

I waited for an answer to this blatantly partisan editorial, but none was forthcoming. When I became angry enough, I sent the following letter to the editor of the Herald. It was published on August 24, 1994.

**Of the twelve women I know with implants, two have died of cancer in the past year, and two more have had the implants burst, with disastrous health consequences.**

The Editor  
Monterey County Herald  
Monterey, CA 93940

Dear Sir,

I was dismayed to read your editorial in late June regarding the safety of silicone breast implants. You jumped on one positive report (New England Journal of Medicine, June 16, 1994) to reassure everyone of the total safety of the devices, when there is still enormous doubt about them. I would like to relate my own observations, which are quite different from those of the Mayo Clinic.

As a speaker on nutritional and healing issues, I have become acquainted with some dozen or so women in the local area who have, or have had silicone implants. You have published the obituaries of two of them in the last year, a young mother who died of breast cancer, another relatively young friend who died

of lymphoma that started within an inch or so of the implants. Two of the women have had the implants burst, resulting in the toxic material spreading irretrievably throughout their bodies. One of these women had four cases of pneumonia in four years after the implants burst. The other has been ill with a wide variety of immune problems since the rupture. Two more women decided to have the implants removed after they started to develop lumps and other abnormalities. One more currently has breast cancer.

If this small and, admittedly unscientific, sample has such a large proportion of problems, I can only imagine the suffering in the much larger population of implant recipients, even if they only suffer half or a quarter as high an incidence of difficulty. I find it very difficult to believe that objective studies made by doctors, who after all profit from both the implantation and the collateral problems, would find *no* evidence supporting increased disease occurrence from implants.

Howard Straus  
Carmel, California

*The latest, updated version of the Gerson Therapy Primer is available from the Gerson Institute for \$15.00, plus \$3.00 shipping. Call or write for yours today.*

*As the 1994 draws to a close, and the 1995 approaches, now would be an excellent time to renew your Gerson Institute membership. Be sure not to miss an issue of The Gerson Healing Newsletter*

## Salt poisoning ...

*(Continued from page 2)*

is used to higher amounts of salt in his foods than, for instance, people in European countries. I vividly recall a tour of the cheese-makers in Holland, where we learned how cheese is produced. At the end of the tour, the participants were invited to send some of the cheese home to their families and friends. If you asked to have cheese shipped to the U.S., a different type was sent - cheese with higher salt content. The European taste is not used to the excessive amounts of salt. For instance, canned soups are so heavily salted, (of course when diluted according to instructions), that I find them totally inedible. Generally, I am unable to eat soup in any U.S. restaurant - but in Europe, the salt level is more tolerable in prepared foods. Unfortunately, this excess salt consumption in the U.S. contributes to degenerative diseases, especially high blood pressure and cancer.

We also need to consider the possibility of "craving" salt. First of all, it should be understood that craving doesn't prove the body is demanding a specific substance, such as craving nicotine, cocaine, alcohol, etc. in addicts. Craving is usually a symptom of deficiency - but not of the substance craved. We had an incredible illustration of this situation: A number of years ago, a 19-year old college student came to the CHIPSA hospital with her mother. Many months earlier, she had first noticed a craving for salt. So she put a little salt on bread and ate it. Not many days later, she again noticed the craving for salt. Again she took some, but the craving didn't stop - so she took a little more. The next time the craving came, she needed to take a teaspoonful of salt. At that time, she decided that this was all wrong, and when she craved salt again, she ignored it. Then she passed out! So, she kept having to take more and more salt to avoid fainting. She then began to notice other symptoms: she started to have headaches, her concentration was poor,

## USA Weekend Alternative Therapies Survey

### Letter from Edmund Braun

by Howard Straus, Editor. ..

In the last issue of *The Gerson Healing Newsletter*, we reported on a survey being taken by *USA Weekend* in which they requested readers' experiences with alternative therapies for cancer. We printed the circular letter we sent to former patients asking them to share their experiences with *USA Today*, and help the Gerson Institute get its story out.

Charlotte called the Charles Butterfield, Health Editor of *USA Weekend* to find out what the results were of that request. To date, he had received over 600 replies, most of them positive. Mr. Butterfield expects the story to be published in one of the first issues of the new year. Stay tuned.

Meanwhile, we received copies of many of the replies our patients made to *USA Weekend*, and we will publish them as time and space permit. The first of these is from a remarkable man who was Dr. Gerson's patient nearly 40 years ago! Edmund Braun was written up as Case # 11 in *A Cancer Therapy*. His letter is printed below.

and she didn't feel well. So, her mother took her to a doctor. The doctor took tests but couldn't find anything, and told her that the problem was all in her head. Another doctor also claimed that nothing was wrong with her - except that she wanted attention! (She is an only child, and is very well adjusted.) A third physician suggested psychotherapy. Finally, the mother heard about the Gerson Therapy and brought the girl to the Mexican Hospital. Her first comment was, "It is a pleasure to have a doctor listen to you and believe you!"

August 15, 1994

Dear USA Weekend Editor,

I am writing in regard to my experience with alternative medicine. In July of 1955, at the age of 30, I had a cancerous testicle removed, along with extensive cancerous lymph nodes along a fourteen inch surgical cut line. This procedure took place at St. Mary's Hospital of Racine by Dr. Russell Kurten, co-founder of the Kurten Medical Center.

The surgery was followed by "deep ray" X-ray treatments over a period of about six months. There were 88 treatments in all, with five to ten minute X-ray exposure each time. By March of 1956, all I had to show for these treatments were a surgically mutilated body, an X-ray fried torso, and a body riddled with metastatic cancerous tumors. With numerous tumors in both lungs, I was told that further treatment was not advisable, but I would be pain relieved for my remaining few months.

*(Continued on page 9)*

Of course, the girl was immediately started on the Therapy and excreted large amounts of excess sodium. Her lesser symptoms, headaches, etc. disappeared almost immediately - and her craving disappeared. But, during her first flare-up (healing reaction) she again had the salt craving. With a slight increase in the potassium medication, she overcame the problem *without fainting*. She subsequently continued to improve. Her concentration returned, better than ever, and she never craved salt again. She returned to her studies and remains well.

# From Charlotte Gerson's Clinical Notebook

## Male Breast Cancer, High Blood Pressure, Melanoma

by Charlotte Gerson

### Male Breast Cancer

Only recently I ran across an article that discusses male breast cancer (*Male Breast Cancer Studied, The Orange County Register, Tuesday, August 2nd*). The article was about research done by the University of California, Irvine, in cooperation with, and funded by the National Institute of Health. The study covered male breast cancer. While male breast cancer constitutes only 1% of breast cancers, according to the report, it is apparently more aggressive than breast cancer in women. Also, while they studied some 200 cases of male breast cancer, the researchers feel that, so far, they do not understand its cause.

In the course of some of my lectures at the CHIPSA Hospital, I often discuss underarm deodorants. While I believe there is a strong connection between these compounds and breast cancer, so far there has been no published research providing evidence that there is.

Let me explain why I believe that this link exists. As we know, the body has two major detoxification systems: the liver with the bile and the intestinal tract voiding through feces, as well as the kidneys and the urine. But the liver and kidneys are often overloaded in our culture, with excess animal protein consumption, inadequate fiber, too many food chemicals and additives, prescription, over-the-counter and recreational drugs and residual agricultural chemicals. These include fungicides, pesticides, growth hormones, etc. Not only that, but the body is further called upon to excrete toxic chemicals it is exposed to from the air and water. Household

cleansers and chemicals are another source of toxic chemicals. This does not even consider chemicals from art products, woodworking (formaldehyde), painting, pest control and more. The list is unending, but the body's capability to excrete all these materials is eventually exhausted. The normal excretory pathways and organs are overloaded. The body must use other means to remove the poisons from its environment in order to survive.

**While, male breast cancer constitutes only 1% of breast cancers, it is apparently more aggressive than breast cancer in women.**

One of these paths is perspiration. The most obvious example is night sweats. Generally, people understand that after severe infections they can be subject to night sweats. Most of us know that heavy consumers of tobacco and alcohol often suffer from night sweats. But when engaged in fairly heavy work, we perspire heavily. Over the centuries, people have noted that after a heavy sweat or an extended time in a hot bath, they 'feel good'. So, people enjoy saunas, and the intensive sweating really helps the body to get rid of some of the extra toxins - so people find they feel better after a stay in the sauna. They have literally "sweated out" some of the toxic load.

One major area of sweat glands is the

underarm. With a great deal of advertising, Madison Avenue has finally convinced most of us that perspiration can make us "socially unacceptable" because of body odor. Actually, while perspiration can be unattractive if a wet patch shows under the arm, *it should not smell bad*. Nature put pheromones, very powerful natural chemical sexual attractants, into our perspiration. That would not make sense if perspiration were at the same time repellent! Only a toxic body, excreting poisons in the perspiration, has an unpleasant odor. Unfortunately, because of the amounts of toxic input to our systems, a great majority of Americans fit into this excessively toxic category. Television has completely convinced us that an underarm anti-perspirant and/or a deodorant is an essential part of our daily bath and grooming.

I consider antiperspirants and deodorants very dangerous and damaging. First of all, many of these products contain aluminum, which is very toxic as it enters the lymph system. Other sticks may be touted by the salesperson as consisting of "natural minerals" and therefore safe. But even if creams, drying sticks or any other materials sold to be applied under the arms are in themselves not composed of toxic substances, they are just as insidious. The problem is that they block the lymph channels and do not allow the body to succeed in its desperate attempt to detoxify - especially when the normal, much more powerful detoxifiers (the liver and kidneys) are overloaded and unable to complete the job.

Even worse, when these lymph chan-

*(Continued on page 7)*

## Charlotte's Clinical Notebook ...

*(Continued from page 6)*

nels and sweat glands are artificially blocked, the toxic perspiration is forced back into the lymph system in and around the breast area. I believe that this is a strongly contributing cause of breast cancer and/or lymphoma. Since men are also heavy users of underarm deodorants and antiperspirants, I feel that they are doing serious damage by this practice and possibly exposing themselves to an increased risk of breast cancer.

At this point, my audience invariably wants to know what to do to become "socially acceptable", to stop underarm perspiration and odor. In really hot weather, and with intense activity, you won't stop perspiring. But perspiration does not have to be smelly! This only happens when the body is excreting toxins. So, in order to keep the system as clean as possible, to get rid of excess toxins, the best method is to eat organic vegetarian foods and to take enough coffee enemas to keep the body clear of poisons. If you keep your strongest detoxifying organs, the liver and kidneys, at top performance, you will not have any unpleasant odor. A healthy body, like that of a baby or small child, even when perspiring, has quite a pleasant odor.

**High Blood Pressure**

A short while ago a gentleman attended one of my regular Thursday afternoon lectures at CHIPSA. He looked quite well, as though he was in average "good" health. However, he had a sad, and not at all uncommon story. For some 20 years, he had suffered from high blood pressure. Of course, his physician had put him on the "appropriate" medication to keep the pressure down. However, as you may know, one of the expectable side effects of blood pressure medication is impotence. Like so many others, this situation had ruined his marriage - his wife left him - and thereby much of his life.

*(Continued on page 9)*

# Healthy Holiday Feasting

by Charlotte Gerson

This year, let's be non-traditional and do some holiday feasting without turkey or ham. Let us enjoy some delicious Gerson dishes and still feel healthy and energetic, and above all, preserve our health during the holiday season.

Here is a suggested menu for Thanksgiving and/or Christmas. These dishes are delicious and filling, a real feast! You probably have some favorite dishes of your own that you will want to add or substitute, but this is a good start.

- Crenshaw (or your favorite) Melon
- Mixed green salad with orange slices
- Hippocrates Soup made (exceptionally) with lentils or beans
- Sweet Potato Stuffed Oranges
- Brown and Wild Rice with Italian Tomato Sauce
- Squash with Apples, Garlic and Raisins
- Glazed apple slices or Pear Halves
- Freshly squeezed Apple or Apple/Carrot juice

Here are the recipes.

Hippocrates Soup (see Gerson Cancer Therapy book, p.242) but soak 1/2 cup dried beans or lentils or dried split peas and cook with the rest of the vegetables.

**Sweet Potato Stuffed Oranges**

- 3 lbs. yams (or sweet potatoes)
- Freshly made apple sauce
- 8 half orange peels left over from pressing orange juice
- 4 oz. orange juice

Boil yams (or sweet potatoes) till done. Peel and mash with orange juice and apple sauce to make it a smooth stuffing paste. Put stuffing into orange peel halves and put a dab of apple sauce on top. Can be reheated in a cake tray. Serves 4. (This recipe, may stuff 10 or more orange peel halves and may serve more than 4.)

**Brown and Wild Rice with Italian Tomato Sauce**

- 4 oz. organic brown rice
- 4 oz. wild rice
- 20 oz. boiling water

Boil the water in a medium size pot. When water is boiling rapidly, add brown rice and wild rice and cover. Reduce the heat and simmer for about 45 to 55 minutes, or until done.

*(Continued on page 8)*

## Chronic Fatigue Syndrome

## A Patients Story

by Charlotte Gerson

In the course of the Gerson Therapy Convention at Pasadena, in September of 1993, we asked whether there were any persons in the audience who had done the Gerson Therapy and had experienced good response or recovery. Among the people who came up to the podium from the audience was George Smalley.

George did not have cancer. But he did have an incredible array of problems including: candidiasis, arthritis, high blood pressure, migraine headaches, pancreatic infections, high blood cholesterol, edema and feeling "old". However, his major problem was a case of severe chronic fatigue syndrome.

This disease, which is sometimes called as the "Yuppie Syndrome" caused George the worst problems. He is an engineer and worked in his field for over 20 years. When the Chronic Fatigue (usually caused by the Epstein-Barr or similar virus) invaded his nervous system, he could no longer use his brain. Naturally, that meant he could no longer do his job, and he had to quit. He was given a California state disabled driver plaque, and said that there was even a question as to whether he could drive at all.

He says that he was first diagnosed with CFS in July of 1992, learned about the Gerson Therapy in December of '92, and started the Gerson Therapy seriously in March of 1993.

Transcribed below is George's own  
(Continued on page 12)

## Healthy Holiday Feasting Recipes ...

(Continued from page 7)

## Italian Tomato Sauce

- 1 lb. Roma Tomatoes
- sprig of fresh green basil
- 4-5 sprigs parsley
- 4-5 large cloves of raw garlic
- 2 Tbspoons Flax Seed Oil

Shortly before rice is done, place flax oil into blender. Slowly add raw quartered tomatoes and all other ingredients while blender is at medium speed. Allow to mix thoroughly. That's all. Serve the sauce raw but slightly warmed by placing container in warm water. DO NOT COOK.

## Squash with Apples, Garlic and Raisins

(See recipe in our HEALING NEWSLETTER, Vol. 9 #1) For our new members, here it is again:

- 2 lb. squash (acorn, pumpkin, kabochi, etc.)
- 1 lb. apples (approximately)
- 3/4 cup raisins
- 4-5 cloves garlic
- 1/2 cup orange juice

Peel and cut the squash into approximately 1/2 or 3/4 inch cubes. Peel and cut apples also into cubes so that you have about 2/3 squash and 1/3 apples. Add raisins and garlic. Put into pan with the orange juice and cook on low heat (but be sure it does simmer). 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 probably won't need more juice. Serves 3-4.

## Glazed Pear Halves

- 4-5 ripe pears
- 4 Tbsps. Honey or Sucanat (organic dried cane sugar)

Cut ripe pears in halves, and core. Add about 4 oz. of water to honey or Sucanat and mix well. Place pear halves in baking dish and pour sugar mixture over fruit. Bake in slow oven (275 degrees F) until done. Baste with juice if necessary.

And have a delicious holiday season!

*The Gerson Institute provides books, video and audiotapes that are useful, inspiring and otherwise hard-to-find. The books and tapes make thoughtful gifts, as well. Call or write us today for our latest price list.*



## Charlotte's Clinical Notebook ...

*(Continued from page 7)*

Only about ten days after he heard my lecture, I received the following letter:

Dear Ms. Gerson,

After meeting you last Thursday and reading some Gerson Therapy material - I must tell you, I feel as if I've just come out of an abyss into the sunshine.

... Upon my return home, I used the organic juices and coffee therapy. My high blood pressure pills were stopped - but my pressure stayed down and has continued to stay down (122/84-82). Your statements on my tape were correct, the Gerson Therapy drops blood pressure within 3-4 days. How marvelous!

... I must thank you for helping me even though you were exhausted - you found the time to be kind to a stranger. We are strangers no more.

With deep gratitude,

R. A. F., Thousand Palms, CA

How sad it is that a course of medication could ruin a marriage. This happens often when physicians omit or neglect to tell the patient important information regarding the side effects of a course of medication on which he is about to embark. The symptoms cause psychological stress, marital stress or worse, and the patient is kept in the dark regarding the cause.

The Physicians' Desk Reference (PDR) is a thick book that explains in great and rather excruciating detail the effects, side effects, indications and contra-indications for the use of almost every drug sold in the United States. If patients were required to read the "side effects" section of any drug they were about to take, it would drastically reduce drug consumption in our country!

The prospective consumer would be horrified to read of some of the known side effects of most prescription drugs, and would be put off by many of the rest. I think that many people would

*(Continued on page 10)*New Book Praises  
Castor Oil Packs

*The Oil That Heals*, by William A. McGarey, M.D., ARE Press, Virginia Beach, VA. Softcover, \$12.95. 219 pages.

The May/June issue of *Newlife* magazine, reports on a book that has just become available, *The Oil That Heals*, by Dr. William A. McGarey.

Almost every patient on the Gerson Therapy who has been at the CHIPSA Hospital is familiar with castor oil packs. These are essentially white flannel sheets, saturated with castor oil, and placed on a painful area, or over the liver, covered with a little sheet of plastic, and topped by a warm water bottle or heating pad. They are remarkably effective pain relievers, and they usually eliminate the need for pain killing drugs.

The idea for castor oil packs originated in the psychic readings of Edgar Cayce, which are collected in the ARE Library in Virginia Beach, among many other readings. Dr. McGarey has long been associated with these works and the use of some of the remedies discussed. We remember with pleasure having Dr. McGarey as one of our speakers at the San Diego Gerson Natural Health Convention in 1981, on the occasion of the 100th anniversary celebration of Dr. Gerson's birth.

There are many healthful uses of castor oil and remarkable claims of cures described in this book. If you are interested in informing yourself further about this treatment, *The Oil that Heals* is a good sourcebook.

Join the Gerson  
Institute ...  
We Communicate  
Health!

## USA Weekend Survey ...

*(Continued from page 5)*

On April 10, 1956, against the advice of my local physicians, I sought treatment from Dr. Max Gerson of New York City. He put me on a diet-based therapy in a nursing home located in Nanuet, New York. After four weeks of treatment, some of the tumors began to decrease, and some disappeared. Over the next year or so, all tumors disappeared. I stayed with the Gerson dietary regime for eight years, even after Dr. Gerson died in 1959.

Today I am 69 years old and in good health except for skin irritations in the badly burned "deep X-ray" areas. The torso suffered severe damage from the X-rays.

Incidentally, after my recovery with the Gerson Therapy, my original surgeon and radiologist would have nothing to do with me. For what it's worth, this was my experience with alternative medicine. It saved my life.

Sincerely,

Edmund F. Braun, Wisconsin

*Many of you may recognize Eddie's story, as for many years he has generously come to lectures and conventions where he has been presented as a recovered patient by Charlotte Gerson. Thanks, Eddie, for your long continuing and inspiring support!*

- Howard Straus, Editor

Moving? Please take a moment to send us a change of address card so that there will be no interruption of your Gerson Healing Newsletter

## Charlotte's Clinical Notebook ...

*(Continued from page 9)*

rethink their dependence on, or even consumption of prescription drugs if they made themselves aware of the available data.

**Melanoma**

On Thursday, July 14th, we had the tremendous pleasure of seeing Dael Mintz again at the CHIPSA Hospital in Mexico. She had come to have a follow up check with Dr. Melendez. She looked wonderful, sparkling with her usual lively personality and good humor. All of us who knew her story were overjoyed to see her. Dr. Melendez who joined us at lunch, was unable to "wipe the smile off her face!"

Dael had come to the CHIPSA hospital toward the end of June, 1993, just over a year earlier. At that time, she was suffering from melanoma. She had a very visible lesion at the side of her nose - but that was just "the tip of the iceberg." She had numerous subcutaneous lumps (under the skin) on her chest. Melanoma had also spread into the lungs, the liver, and the spine, as well as the skull.

Part of Dael's chest X-ray report from the University of California, Los Angeles, reads: "Ill defined nodular opacities in the

left upper lobe ... represent metastatic disease. (History of Melanoma.) There are at least two left apical lung masses, the largest measuring 1.5 cm. Further, a radiological report states: Lesions with contrast enhancement are present in the T6, T8, T12 and L2 vertebral bodies. These are consistent with metastatic melanoma." The report also specifically states that the patient is known to have "metastatic melanoma to the lung and liver." In addition, there is a compression fracture of the L1 vertebral body, suspicious for a metastatic lesion.

While we can generally count on exceptionally dramatic results in melanoma cases, when I heard the extent of her illness, I was quite discouraged. I feared that her heavy tumor load, with liver involvement, would be too much, and we would not be able to help her body reverse it.

Some months later, Gar Hildenbrand, too, made a very pessimistic comment about Dael's chances for recovery. Dr. Melendez, on the other hand, was not so negative. More importantly, Dael was absolutely convinced that she would get well. She was bubbly and full of confidence, entertaining all the other patients while she was originally at the CHIPSA hospital. She didn't even consider the

possibility of getting worse, let alone dying!

And, between the Gerson Therapy (with Dr. Melendez's expert care), and her own positive attitude, Dael is now in excellent condition! I admit that I am embarrassed about my lack of confidence in her recovery.

There is a postscript to this miracle: Dael reports that her oncologist is amazed at Dael's recovery and excellent condition. She knows now quickly melanoma spreads and kills. She admits to Dael that she is unable to understand what has happened. But she recommended that "Whatever you are doing, it is doing you good. Keep on doing it!"

We have often heard this kind of comment from the previous physicians of our recovered patients. They realize that something dramatic and extraordinary is happening, but they cannot understand, much less imagine what it could be. They see that it is effective in a situation which they know to be hopeless. Yet, when faced with miraculous recoveries, they never ask, "What are you doing?" Would a true scientist not ask that question? This attitude speaks volumes about the total control that the AMA and FDA have over doctors, who are not allowed to use any "unapproved" method. If they do, they face legal problems and loss of their licenses to practice medicine.

### *A Gift that Keeps on Giving: Membership in The Gerson Institute.*

The articles, recipes and resources in the Gerson Healing Newsletter can help provide someone you love with a lifetime of vibrant good health.

When you make a gift of a membership in the Gerson Institute, we will send your recipient an attractive card, naming you as the donor, along with the November-December issue of the Gerson Healing Newsletter. Six more issues will follow (a bonus of one issue).

Fill in the form below with the names of the people you want to have the gift of a lifetime. Help make this their healthiest and happiest holiday season yet!

Please send the following people my gift of a one-year membership in the Gerson Institute, including a gift card and an acknowledgment to me that the gift has been sent. I enclose \$25.00 for each U. S. membership, and \$30.00 (US funds) for each foreign membership.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Country: \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Country: \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Country: \_\_\_\_\_



Jim and Anita Elk

### Patient Letter: Jim Elk, Lymphoma, Arthritis

We reproduce, in part, a letter we received in April from the Gerson Support Group in the Clear Lake area of Houston, Texas, with a photograph of Jim and Anita Elk:

... Our living miracle, Jim Elk came in about then with his beautiful wife Anita. We had several folks at the meeting who had not heard Jim's story so we asked him to tell it. Jim told of how he had lived

with lymphoma for two years under a doctor's care and got continually worse. He told how the lymph glands were swollen to the size of softballs and he became paralyzed from the pressure on his spinal cord and his arthritis got worse. He told how his doctor told him he was going to die. He told how two friends told him of the Gerson program and he didn't believe it but he tried it anyway. He and Anita related how he got worse during the first few months of the program but then the program started working and now 27 months later Jim Elk stood up and danced a jig for us. He swung his left arm that had arthritis so bad in the past.

The photograph has a handwritten note on the back that reads, "Lymphoma, 1989. Came to CHIPSA in 2-92. Results from your program were effective immediately. Still on program. Jim Elk"

The letter came from Jim Forehand, 323 Cedar Lane, El Lago, TX 77586, telephone (713) 326 5207, for any of you in the Houston area who are interested in contacting the support group.

### Organic Food by Mail

Michael J. Link, President of All of Washington's Best, Inc. is a great supporter of the Gerson Therapy. In the spirit of those who live their beliefs, his company will send organic produce and coffee to you anywhere in the United States and Canada. AWB has year-round availability of items on the Therapy list, including hard-to-find items.

AWB will ship high quality certified organic produce directly to any address specified. They have a long list of satisfied current and former Gerson patients.

*All of Washington's Best, Inc., 16528 N. E. 35th Ct. Ste. QQ103, Redmond, WA 98052, (800) 840 SAFE, or (206) 869 2984.*

*The end of the year is  
an excellent time to  
make your tax  
deductible  
contribution to the  
Gerson Institute*

## GERSON INSTITUTE MEMBERSHIP REGISTRATION ALL MEMBERSHIPS & CONTRIBUTIONS ARE TAX DEDUCTIBLE

Please register me (us) as Gerson Institute member(s).  
Enclosed is my/our membership contribution. I/we wish to be a:

New Member  Renewal

\$1,000.00

Institute  
Sponsor  
and receive the  
"Healing Newsletter"  
PLUS  
10 audio tapes  
PLUS  
5 books

\$500.00

Action  
member  
and receive the  
"Healing Newsletter"  
PLUS  
6 audio tapes  
PLUS  
2 books

\$250.00

Associate  
member  
and receive the  
"Healing Newsletter"  
PLUS  
4 audio tapes

\$100.00

Sustaining  
member  
and receive the  
"Healing Newsletter"  
PLUS  
2 audio tapes

\$50.00

Contributing  
member  
and receive the  
"Healing Newsletter"  
PLUS  
1 audio tape

\$25.00

Subscription  
member  
and receive the  
"Healing Newsletter"

Foreign Memberships:  
\$30.00 (US)

Name \_\_\_\_\_

Address: \_\_\_\_\_ Tel: (\_\_\_\_) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ (ZIP + 4, please)

Manner of payment:  Check  MasterCard  VISA

Credit Card No: \_\_\_\_\_

Card Expiration date \_\_\_\_/\_\_\_\_

Card Holder's Signature \_\_\_\_\_

*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.*

**Chronic Fatigue ...***(Continued from page 8)*

story of his experience with the Gerson Therapy:

After I started the Gerson Therapy, I started to feel better almost within a week, and I have been improving ever since. I sometimes couldn't get back to my car if I parked a little too far away. I have a Master's degree in engineering, I graduated with honors, yet I couldn't balance my check book anymore. If anybody here (in the audience) has Chronic Fatigue, then you know about the black cheese cloth the that falls over you and the cotton that goes in your ears. Coffee enemas did away with those

symptoms.

I soon found out what coffee enemas can do for you - and I was afraid to take them. The whole thing has been the most marvellous adventure of my life. Many of you here who are not feeling well are wishing that they could feel as good as their peers again and have the energy they have. That won't happen. Your peers and friends are going to be very upset with you because you throw away years. You will have far *more* energy; you have a brighter outlook on life, you become younger than them unless they are doing the Gerson Therapy like you are. My age is 55, and I passed through 25 some years ago, but it's nice to be back there again - and I am not kidding! My coordination is back, eyesight, hearing - everything. I

***In the next Healing******Mercury Fillings******Melanoma Outcomes Study***

can do things today that I could not do at 30. And I am still getting better.

... There are probably people out there who don't think that they really need to do this Therapy or become a vegetarian - but I can tell you that, if you have CFS, you maybe ought to think about [becoming one]!

***Holiday Greetings!***

*We at the Gerson Institute would like to take the opportunity to wish all our members the very best of Holiday Seasons, and a happy, healthy and prosperous New Year.*

**GERSON HEALING NEWSLETTER**

**The Gerson Institute  
Post Office Box 430  
Bonita, CA 91908-0430**

**NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
BONITA, CA  
Permit No. 27**

**ADDRESS CORRECTION REQUESTED**

Return and Forwarding Postage Guaranteed

The *Gerson Healing Newsletter* is the membership organ of the Gerson Institute. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of \$25.00 or more.