



GERSON HEALING NEWSLETTER

Volume 10, Number 1

January - February 1995

\$2.00

CHEMOTHERAPY AND THE GERSON PATIENT

by Charlotte Gerson

During the mid-fifties, just as Dr. Gerson was demonstrating some of his most dramatic results with a nutritional treatment for cancer, chemotherapy started to be used by establishment medicine. The reason was the general disillusion with the results of surgery and radiation in the treatment of cancer patients. The chemotherapeutic drugs were supposed to stop the fast reproduction of tumor cells — and thus stop cancer. Originally, these highly toxic agents were based on the mustard gas of warfare of which there was a huge remaining supply after the end of World War II. When these drugs soon were found to be too toxic and at best only temporarily effective, new combinations were compounded all supposedly stopping or slowing the multiplication of fast growing tissue. But since there are various tissues in the human body which *must* multiply rapidly (bone marrow producing red and white blood corpuscles which constitute a large part of the immune system) other very serious side-effects were always present with the chemotherapy treatments: damage to bone marrow; poisoning of the liver and often destruction of the kidneys, not to speak of damage also to the heart.

In spite of over 30 years of use of chemotherapy in the treatment of cancer patients, and in spite of its status as a 'proven' cancer treatment, these drugs have never been officially accepted nor do they have the full approval of FDA. Chemotherapy is still an "experimental" treatment, largely because it has never undergone 'double blind' studies. Why not?

Chemotherapy was just being introduced toward the end of Dr. Gerson's practice in New York, shortly before he died. He talks about his experience with Johnny Gunther in Appendix II of *A Cancer Therapy — Results of 50 Cases*, p. 415. (See also John Gunther's book, *Death Be Not Proud*) Johnny was possibly the only patient Dr. Gerson treated after he had been given chemotherapy. The book describes the terrible response, the swollen arm, the severe bone marrow depression — and the doctor's expectation that Johnny would quickly die. Nobody suspected that Dr. Gerson could reverse some of the damage. But Dr. Gerson could not have known what the Gerson doctors in Mexico have discovered after years of working with

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Chemotherapy ...

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cancer patients who had previously been given chemotherapy, namely that these heavy drugs are released back into the system and cause the prior poisoning symptoms to show up once more. This generally happens after some six months on the Gerson Therapy. That was also Dr. Gerson's experience with Johnny Gunther — but he did not know that it was due to the prior chemotherapy treatment. He took the blame for Johnny's death, assuming that the only cause was the treatment with hormones which he had applied.

Oncologists using chemotherapy drugs in the treatment of their cancer patients are told that the body, in time, excretes these drugs, and that the damage is thus overcome. It is true that many patients grow hair again after they have lost it; that their blood count comes back up to near normal and their mucous membranes heal after breaking down with ulcers due to the chemotherapy treatments. They overcome the terrible nausea and vomiting caused by the toxic drugs, the weakness and depression, etc. (Of course if they suffer also the loss of kidney function due to the chemotherapeutic drugs, this does not reverse. The kidneys, once destroyed, do not recover.) But overcoming the immediate toxicity does not prove that all the toxic materials have left the body. On the contrary, the Gerson doctors' experience with patients who have had prior treatment with chemotherapy gives an entirely different picture.

When the Gerson Therapy treatment facility in Mexico (La Gloria) was first started in 1977, we went as closely as possible by Dr. Gerson's directions in his book, *A Cancer Therapy*. But since Dr. Gerson didn't have any experience with chemotherapy patients, his book contains no special directions regarding such patients. No special adjustments were made by the Gerson doctors at La Gloria for such patients. Our first serious shock came when, at almost the same time, two patients with previous chemotherapy treatments were admitted and started on the Therapy. They received the full intensive treatment, including the starting

medications, five coffee enemas a day, and the castor oil treatment every other day. As the bodies of these two patients detoxified intensively, they had all the symptoms of a chemotherapy overdose. Of course the Gerson physicians had given none of these drugs. So the only conclusion was that the drugs still remaining in the body from treatments many months earlier, were being released rapidly, in large amounts, poisoning these patients a second time! They landed in intensive care, they were so ill. The Gerson doctors were shocked into the realization that chemotherapy patients could *not* be treated with the same protocols as those who had received none of these toxic drugs. It must also be understood that patients treated with chemotherapeutic agents often had recurrences which caused them to seek alternative therapies.

At one point, the results of the Gerson Therapy in patients with previous chemotherapy treatments were so poor that we refused to accept such patients. However, in time, some patients begged to be allowed to come. Others, after chemotherapy, felt that the Gerson Therapy was so logical and basic that they tried the Gerson Therapy at home on their own — and, to our great surprise, succeeded! So, it became clear that it *could be done*.

With this empirical evidence in hand,

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.

ONCOLOGIST SAYS: "WE ARE LOSING THE BATTLE AGAINST CANCER ... ONLY 5% OF PATIENTS RESPOND WELL TO CHEMOTHERAPY"

Chief Oncologist, Professor Karol Sikora, of the Royal Postgraduate Medical School in London, England, recently told the annual conference of the Royal Pharmaceutical Society that "we are losing the battle against cancer. One in two of the population will succumb by 2010, and anti-cancer drugs have reached a plateau with only five percent of patients responding well to chemotherapy."

the Gerson Therapy physicians began to treat patients who had received prior chemotherapy. These patients were given less intensive medications; they were given only two or three coffee enemas daily instead of the regular five. They were not given castor oil treatments, in order to avoid sudden and intensive detoxification — and they improved. It was now a question whether this less intensive treatment would work fast enough and well enough to stop the advance of the cancer, yet not so fast as to cause an overdose of the chemotherapeutic chemicals being pushed out of their systems. In many cases, it worked. Admittedly, the results in cases where patients had received prior

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Gerson Healing Newsletter

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Howard D. Straus, Editor

Please address all letters and comments to:

GERSON INSTITUTE
P. O. Box 430
Bonita, CA 91908-0430
(619) 472 7450
Fax: (619) 267 6441

Charlotte Gerson, President
Norman Fritz, Executive Vice President

Editor's Corner

by Howard Straus

As the New Year begins, I would like to thank our long-time, sometimes long-suffering, but always loyal members for their support and encouragement. Since taking on the job of Editor, I have been heartened on many occasions to receive appreciation from members, from the United States and abroad, from both laymen and professionals. To those who have written: your letters are gratefully received, and continually remind us of the number of people who are committed to natural healing, whole food, medical choices, and sanity.

There are, of course, many more people who need to be educated. The current paradigm of "get away with as much as you can as long as you can," prevalent in both big government and big business, simply cannot continue. It will either change itself, be changed by external forces, or will die of its own accord. It is following an evolutionary dead-end path. One cannot continue to weaken, sicken and kill the very population upon which a strong and vigorous culture is based. The notion that "there's always more where that bunch came from" assumes no limits on population, natural resources, human resilience, patience. But, as we have seen, over and over again, the rain forests, oceans, ozone, topsoil, whales, fresh water, our corporate immune system, and a host of other "resources" are far from infinite. As much as we would like to deny it, we have reached or passed many of the limits of planetary and biological health. The question is not whether we must stop, the question is only when, and how badly we will suffer doing it. Those of us who view our health as a resource, and husband it carefully, will see the next century. Fortunately, caring for our immune systems is congruent with preserving life on the planet, as it means living closer to nature, without toxic chemicals, and treating our fellow creatures as companions rather than food. Small choices, when made daily by millions, can and do have immense and positive global implications.

Let's spend the year making good choices, and helping others make them as well. Remember, we are all teachers. We must act on our convictions. Don't let your government representatives get away with cynical choices. Don't patronize manufacturers who poison you while pretending not to. Speak up against those who would sell your health and birthright for a few dollars.

While spending the winter of 1992-1993 in Jersey City on assignment, I chanced to hear a woman physician being interviewed about an interesting and very disturbing book she had just written: *AIDS - What the Government Isn't Telling You*. I have quoted her extensively in my seminars since. As I was preparing this issue, I was amazed to see her name come across my screen as a recovered patient, having treated herself for breast cancer with Marilyn Barnes' help. Her story, which appears in this issue, points up how, even with the knowledge and clout of a fellow physician, her doctors would not give her the treatment that she demanded. She was literally refused treatment unless she did it their way! How many women with less courage and knowledge are pressured to accept treatments that they don't want, are afraid of, or can't afford, simply because of the arrogance of their oncologists?

We also take note of a trend, published in the Journal of the American Medical Association, of Americans voting with their wallets for alternative medical treatment, forcing conventional medicine to take notice despite their reluctance. Keep up the pressure: remember, the Berlin Wall came down, the Soviet Union is no more. Even the seemingly indestructible resistance of conventional medicine could crumble, with your help.

Meanwhile, we at the Gerson Institute all hope you have a happy and healthy, vigorous and productive New Year!

In the next Healing:

- *Your medical rights*
- *Melanoma Study Highlights*

Non-Toxic and Organic 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 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.

Kathleen and Jasch Hamilton, founders of **Diamond Organics** of Freedom, CA will ship high quality, totally organic produce overnight or second-day air anywhere in the United States. Their beautiful catalog is available by contacting them on their convenient 800 number. Diamond Organics, P. O. Box 2159, Freedom, CA, 95019. Tel.: 800-922-2396

Food and Water, Inc. is an organization that, though it does not provide materials, is fighting against the incredibly cynical practices of our government and food technologists. At the moment they are involved in the battle against widespread use of BGH (Bovine Growth Hormone) and the "phaseout" of carcinogenic pesticides over seven years, instead of immediately. We encourage their work, and urge you to make yourself aware of the organization, and the threats they are fighting. Food and Water, Inc., Depot Hill Road, RR 1, Box 114, Marshfield, VT 05658-9702. Tel.: (800) EAT-SAFE, or (802) 426-3700.

A number of readers have let me know the telephone number published for **Caribbean Clear** pool treatment in *Healing*, Vol. 9, No. 3, was incorrect. The correct contacts are:

Caribbean Clear USA (California), 374 Norman Rd., San Bernardino, CA 92408 (800) 246 6473.

Caribbean Clear USA (Connecticut), 57 Linden Tree Rd., Wilton, CT 06897. (203) 761 0888

Caribbean Clear USA (Pennsylvania) 700 Hill St., York, PA (803) 686 2450. We apologize for any inconvenience we may have caused.

Chemotherapy ...

(Continued from page 2)

chemotherapy were sharply reduced compared to those who received no such toxic drugs. But in many cases, we were still able to obtain recoveries.

We did find out, however, that certain cancers do not respond after chemotherapy. Pancreatic cancer, which shows excellent results on the Gerson Therapy, does not respond after the patient had received chemotherapy. The same goes for cancers that have extensively metastasized (spread) into the liver. Leukemias, after heavy chemotherapy, are also difficult to reverse with the Gerson Therapy. Brain tumors fall into the same category. Melanomas, which usually respond exceptionally well to the Gerson Therapy, do relatively poorly after chemotherapy. All types of lymphomas do relatively well on the Gerson Therapy despite chemotherapy; the same goes for ovarian cancers. Of course, all types of cancer respond much better with no prior toxic drug treatments.

According to various sources, after the administration of chemotherapy, the patient's body excretes somewhere between 35 and 50% of the drugs given. The problem for a researcher is to prove this statement. Unfortunately, there are no true tests for toxicity in the system. I personally feel that the remaining toxic drugs could be lodged in the connective or fatty tissues. They cannot possibly remain in the liver, this essential organ would be poisoned beyond function. But all drug tests are performed on serum or blood samples, not solid tissues. Fluids do not show positive for these agents simply because the drugs are not circulating, but are lodged in some tissue.

The reason we feel so certain that poisons remain in the body after chemotherapy treatments, even up to two years later, is that we see the patients excreting them. In the course of the Gerson Therapy, patients typically go through healing crises, or "Flare-Ups," described by Dr. Gerson in *A Cancer Therapy*, pp. 201-203.

During these flare-ups we see that the patient's body excretes many accumulated toxins. Often, these toxins are readily identifiable by their odors. When patients who had prior chemo go through these detoxifying "flare-up" days, they experience the same symptoms they originally felt while they were receiving the chemotherapeutic agents: they feel nauseous, taste the chemicals, smell the drugs in their stool, have some loss of hair, mouth ulcers, and temporarily depressed red and white blood cell counts. Since we have learned to treat and detoxify these patients cautiously, we find that the heavy chemotherapy drug releases can happen at about six months into the Gerson therapy. At that time the patient either recovers or goes into decline.

Since our experience with patients who have had prior chemotherapy is always questionable, we have often refused to admit patients who had received a "bone marrow transplant." These patients are treated extremely heavily with chemotherapeutic chemicals, after their bone marrow is removed. The marrow is then returned, on the theory that since it has remained free of the toxic drugs, it will continue to function. In fact, that does not happen, since the drugs continue to circulate in the body and, of course, soon contaminate the "clean" bone marrow.

One patient, suffering from ovarian cancer, and showing poor results after several courses of chemotherapy, was given a bone marrow transplant at a cost upward of \$150,000.00. This treatment did not control her cancer, which continued to spread. She then called us and wished to be admitted to the CHIPSA Hospital for the Gerson Therapy. However, while she admitted to being heavily treated with chemotherapy, she did not tell the CHIPSA physicians about receiving a bone marrow transplant. So, with a warning that chemotherapy patients do not respond as well as those who have not been pretreated, she was accepted for the Gerson Therapy. She was given

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Melanoma Followup Study Completed

January Publication Set

by Howard Straus

The long-awaited melanoma outcomes study produced by Gar Hildenbrand and his staff at the Gerson Research Organization will finally be published this month in the *Journal of Naturopathic Medicine*, by the University of Naturopathic Medicine, Seattle, WA. Agreements made with the *Journal* preclude our publishing any of the details of the study until our next issue of the *Healing Newsletter*. We can, however, assure our members that the results of treating melanoma by the Gerson Therapy are shown to be so superior to those produced by the best efforts of conventional medicine that they will be able to be ignored only by a concentrated effort of the cancer establishment. This study was carefully and thoroughly prepared, the records examined, patients located, statistics done. It deserves a "Bravo" for Gar and his staff.

The study was partially underwritten by Mr. Laurance S. Rockefeller.

The Gerson Institute will make reprints of this milestone study available as soon as we can after publication. The price of the material will be determined at that time.

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.

Chemotherapy ...*(Continued from page 4)*

the less intensive therapy, developed specifically for patients who have had prior chemotherapy, and responded quite well. Her symptoms and blood counts improved. However, as expected, after six months from the start of the Gerson Therapy, she went into a heavy 'healing reaction'. In her case, this consisted of abscesses breaking out all over her body. These boils released pus, and, of course, she was very uncomfortable during a few weeks. Nevertheless, she worked through it — and after it was over, was much better. We have to assume that, in her case, much of the heavy poisoning was excreted through the skin.

There are more and more reports by establishment oncologists doubting the value of chemotherapy, even to the point of rejecting it outright. One of these, cancer biostatistician Dr. Ulrich Abel, of Heidelberg, Germany, issued a monograph titled *Chemotherapy of Advanced Epithelial Cancer* in 1990. (See *Healing Journal*, No. 1-2, Vol. 7 of the Gerson Institute.) Epithelial cancers comprise the most common forms of adenocarcinoma: lung, breast, prostate, colon, etc. After ten years as a statistician in clinical oncology, Abel became increasingly uneasy. "A sober and unprejudiced analysis of the literature," he wrote, "has rarely revealed any therapeutic success by the regimens in question in treating advanced epithelial cancer." While chemotherapy is being used more and more extensively, more than a million people die worldwide of these cancers annually — and a majority have received some form of chemotherapy before dying. Abel further concluded, after polling hundreds of cancer doctors, "The personal view of many oncologists seems to be in striking contrast to communications intended for the public." Abel cited studies that have shown "that many oncologists would not take chemotherapy themselves if they had cancer." (*The Cancer Chronicles*, December, 1990.)

"Even though toxic drugs often do effect a response, a partial or complete shrinkage of the tumor, this reduction does *not* prolong expected survival," Abel finds. "Sometimes, in fact, the cancer returns more aggressively than before, since the chemo fosters the growth of resistant cell lines." Besides, the chemo has severely damaged the body's own defenses, the immune system and often the kidneys as well as the liver.

In an especially dramatic table, Dr. Abel displays the results of chemotherapy in patients with various types of cancers, as the improvement of survival rates, compared to untreated

40 studies ... "found no evidence whatsoever that [Bone Marrow Transplant] provides any benefit."

patients.

This table shows:

- In colorectal cancer: no evidence survival is improved.
- Gastric cancer: no clear evidence.
- Pancreatic cancer: Study completely negative. Longer survival in control (untreated) group.
- Bladder: no clinical trial done.
- Breast cancer: No direct evidence that chemotherapy prolongs survival; its use is "ethically questionable." (That is particularly newsworthy, since all breast cancer patients, before or after surgery, are given chemotherapy drugs.)
- Ovarian cancer: no direct evidence.

Remember us in your will - help the Gerson Institute to continue its vital, lifesaving work into the future!

• Cervix and uterus: No improved survival.

• Head and neck: no survival benefit but occasional shrinkage of tumors.

More recently, the Nov. 17, 1994 *Wall Street Journal*, in a front page article on political pressure being exerted for insurance companies to pay for bone marrow transplants in advanced breast cancer, experts give a totally negative report on this approach. The procedure, called ABMT (Autologous Bone Marrow Transplant) involves temporarily removing some of the patient's bone marrow, applying a potentially lethal dose of chemotherapy, then returning the marrow to the patient's body. The cost of this procedure is in excess of \$100,000.00.

The University of Colorado's Dr. Jones, continues the *Journal*, claims that, with conventional chemotherapy, not more than 2% of patients with spreading breast cancer get a positive response. A non-profit independent technology assessment agency, the Emergency Care Research Institute (ECRI), says that for the average woman with the most advanced form of breast cancer, the high dose ABMT procedure is not only worthless, but also likely to shorten her life. This report by the ECRI is based on an analysis of 40 studies of ABMT and similar procedures involving a total of 1,017 patients, and 61 studies covering 4,852 patients who had conventional chemotherapy. Dr. Nelson Erlick, the project's lead analyst, concluded that "many patients are led to believe that this (ABMT) is a successful therapy. We found no evidence whatsoever that it provides any benefit."

Since the Gerson Therapy is often described by orthodox oncologists as 'quackery', we'd like our readers to consider this: If quackery describes an expensive treatment that the technician knows ahead of time to be ineffective (or even harmful), what is ABMT (bone marrow transplant)? Yet Health Plan providers are being ordered to pay for it by the Office of Personnel Management, a federal agency.

From Charlotte Gerson's Clinical Notebook

Medical Professors Use Gerson Therapy to Cure Their Own Cancer

by Charlotte Gerson

Colon Cancer with Liver Metastases

On Sep. 8, 1994, Yoshihiko Hochino, Professor of Medicine at Japan's Fukushima University Medical School published an article in a Japanese health journal. About four years ago, he found that he had colon cancer, spreading (metastases) to the liver. Since he is a professor of medicine, he was very much aware of the fact that orthodox medicine (surgery or chemotherapy) has nothing to offer patients with this problem. He found Dr. Max Gerson's book, *A Cancer Therapy*, which was translated into Japanese some 5 years ago. Using this book, he treated and cured himself completely. It is now some four years later, and he remains in good health, 'cured' (by his own claim in the article).

Australian Nelly Goldfeld had essentially the same problem. It began with colon cancer four years ago, and was treated with surgery for the removal of the tumor. But, since the tumor is just 'the tip of the iceberg', and removing it doesn't clear the underlying problem, the cancer almost always recurs. It recurred in Nelly's case, in her liver.

Like Professor Hochino, she vowed to beat this cancer, even though her doctors gave her little hope of survival. They told Nelly that they could try 'experimental' laser treatment, with little chance of effectiveness.

Nelly then learned about the Gerson Therapy. A newspaper report in *Doncaster and Templestowe News*, an Australian newspaper, on October 5, 1994 tells Nelly's story. She started the Gerson Therapy on Feb. 14th, 'stocking her house full of fresh fruit and vegetables,

vitamin supplements, a juicer and water purifier.'

We quote from the above newspaper story: "Nelly still remembers the bewildered look on her doctor's face when she went to have an ultrasound just 10 days after taking up the diet. They were astounded. The doctor said to me: 'Well it seems you've scared them off, Mrs. Goldfeld.' Three of the cancerous lesions had completely disappeared, and the fourth had substantially decreased in size."

"Seven months later, Nelly has returned to being the rosy-cheeked grandmother she once was. She believes she has fulfilled her vow to rid her body of cancer."

**"My first doctor ...
refused to take care
of me unless I had
pre-operative
chemotherapy."
— Lorraine Day, MD**

"It's not easy, but I have my life. For the first two months, I was too weak to do all the work myself, so we got someone in to help us. But after that, I got so much energy and was able to do everything myself."

"Nelly's claims are backed up by her medical reports, which show a rapid improvement in her health from the time of her ultrasound. 'My case is not exceptional. There are hundreds like me. I just hope people read about this (Gerson) Therapy before they go and have chemical or radiation treatment.'"

Dr. Lorraine Day

We had the great pleasure of meeting Dr. Lorraine Day at the annual convention of the Cancer Control Society in September of 1994. At that time, Dr. Day told her story. She had developed breast cancer, but recovered after refusing mutilating surgery, radiation and chemotherapy.

Most impressive was her statement that she rejected "traditional" therapies because she studied the medical literature — which proved to her that these treatments are ineffective! Why are patients not given this information, available to professionals? Dr. Day says she came to the common sense conclusion that "you cannot destroy the immune system and get well at the same time." She discovered nutritional healing, the Gerson Therapy, and says: "CANCER DOESN'T SCARE ME ANYMORE!"

Dr. Lorraine Day has the courage to defy orthodox medicine by getting up before the entire audience of the Cancer Control Society and testifying, as follows:

"I am Dr. Lorraine Day. Some of you know me from the book I wrote: *AIDS — What the Government Isn't Telling You*. Several years ago, I actually spoke here about AIDS. I have been coming to the Cancer Control Society meetings regularly, for three years and I have learned more about medicine and how to take care of yourself than I learned in 20 years as an orthodox trauma surgeon. I knew nothing about nutrition as a medical doctor. In the four years of medical school, you don't have one single hour of information on nutrition. I have talked about that and admitted that

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Clinical Notebook ...

(Continued from page 6)

I, in the past, have told patients that their nutrition has really nothing to do with their health. I was ignorant, I was stupid as many orthodox medical doctors are. Fortunately, I found out what was really going on in the health field by coming to the Cancer Control Society, and I started speaking out about it, studying it and actually had a radio show called "Truth Serum" where I was interviewing many alternative doctors. In the middle of that, I found out that I had breast cancer. I had infiltrating ductal carcinoma and it was spreading through my breast.

I went to my first doctor to have the lump taken out. At that time I did not know it was cancer. He refused to take care of me unless I had pre-operative chemotherapy. Even though I told him that I was a physician, and that I would sign any papers releasing him from any legal liability — but that I didn't want chemotherapy. I just wanted the lump taken out and diagnosed. He said, No. His reputation was at stake. So, I walked out of his office realizing that the law considers it acceptable for a physician to abandon a patient if the patient refuses the doctor's prescription. So I went to a former resident colleague, who is a breast cancer surgeon. He took the lump out but he couldn't get all the cancer. He said, 'You have to have your breast removed.' I refused. Then he said, 'If you don't have your breast removed, you must have radiation therapy.' Once again, I declined. Then he said, 'You *must* have chemotherapy or some other kind of treatment to destroy these cancer cells.' I told him, 'No. I brought you a whole stack of books. If you really want to learn about cancer, read these books. I won't have any of the orthodox treatments — just take the lump out.' He said that he could not get all the cancer. I said, 'Fine. Everybody gets cancer all the time. My body can take care of that!'

I immediately went home and called up Marilyn Barnes, whom you just heard earlier. (Marilyn Barnes had just previously testified to her total recovery, now over 14 years, from stage 4 melanoma as well as carcinoma in situ - cervical cancer on the Gerson Ther-

apy.) [Marilyn] came to my house and set me up. She taught a woman I hired how to do the Gerson Therapy. The Gerson Therapy was going to be the basis of my treatment. I started the juices, the enemas, the whole business. In fact, I looked at cancer as a great adventure. Unfortunately, I didn't have the time to take all the different alternatives, but I tried as many as I could. But the Gerson Diet is the basis of all my treatment.

I am fine. I am healthy. I don't have any evidence of cancer. It has only been close to a year, but I have absolute confidence that I'll be well and healthy for many, many years to come."

Dr. Lorraine Day has impressive credentials. She is an internationally acclaimed orthopedic trauma surgeon and



Dr. Lorraine Day

author. She was for 15 years on the faculty of the University of California, San Francisco, School of Medicine as Associate Professor and Vice Chairman of the Department of Orthopedics. She was also Chief of Orthopedic Surgery at San Francisco General Hospital and is recognized world-wide as an AIDS expert. She has been invited to lecture extensively throughout the U.S. and the world; appeared on numerous radio and television shows, including *60 Minutes*, *Nightline*, *CNN Crossfire*, *Oprah Winfrey*, and *Larry King Live*.

NOTE: With both a Japanese and an American Professor of Medicine rejecting orthodox treatments for their cancers and curing themselves using the Gerson Therapy, we now see two exam-

ples of highly placed medical professionals who are willing to speak out publicly and report their recoveries on alternative cancer treatments. There have been other doctors who used the Gerson Therapy and cured themselves — but who would not allow us to use their names, nor did they permit us to refer Gerson Therapy pa-

The Mailbag

by Charlotte Gerson

We are very pleased to have our readers' enthusiastic mail and so many subscription renewals. We are also very happy to have some of our readers write in with questions, and we will gladly answer those of general interest.

One reader asks, "What is the best time of day to do coffee enemas as they decrease in frequency?"

It is always a good idea to detoxify after a night's rest, first thing in the morning. Sleep is part of the detoxifying effort of the body. However, during sleep, we do not drink, defecate or urinate. So it is quite possible to accumulate toxins during the night. A first coffee enema before breakfast is an excellent idea. After that, if a patient is still on three a day, it is good to space them. If he is back at work, one enema right after coming home and the third one before retiring is suggested. If he is only on two enemas a day, the second one should be taken sometime between 6 and 8 PM. The point is to keep the evenly spaced.

The next question is about long term care of enema equipment. Clearly coffee as well as possible back-flow of some of the coffee from the colon into the bucket can transport many bacteria into the tube and enema equipment. If you use a plastic one, you can see the gradual discoloration. The tube can even become quite black. One good way to get rid of the deposits which form is to use some drugstore 3% hydrogen peroxide, mix it about 50/50 with hot water, and let it run into the tube. Close the clasp and allow the mixture to stay in the tube as well as some of it in the bucket. It will not only kill most bacteria, it will overcome the blackish deposit and clean up the bucket as well as the tube. Let the peroxide/water run out, and repeat, if necessary.

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THE AMA ON ALTERNATIVE THERAPIES

AMA Notes Growing Consumer-Driven Trend Towards Alternatives

by Charlotte Gerson

In the October 17th issue of the *News of the American Medical Association*, there is a lengthy article called *Beyond Allopathy*. It has a subtitle: "EYE OPENER: In a 1990 survey, 34% of Americans had used at least one alternative therapy in the previous year."

- One-third had made an average of 19 visits a year to alternative providers.
- The highest users were better-educated, upper-income whites, 25 to 49 years old.
- 72% did not inform their physicians of the visits.
- Most sought relief from chronic, non-life threatening conditions such as back pain, allergies, arthritis and insomnia.

There follows a long list of various journals established to publish items of "Alternative Complementary Therapies", as well as certain insurance companies and HMOs that are starting to cover these alternatives.

In an interesting note: *none* of the therapies discussed include diet and nutrition as a possible "new frontier". The new frontier items mentioned are listed below:

- Acupuncture for depression.
- Massage Therapy for HIV
- Music Therapy
- Hypnosis
- Homeopathy
- Guided imagery
- Prayer

Under the headline *Physicians Join Bandwagon*, the article continues, "Depending on your perspective, this flurry of activity signals either the dawn of a revolutionary new era of medicine, or a return to the dark ages." While Dr. Victor Herbert, a violent opponent of all alternative treatments, states that "For every complex problem, there is a simple solution — and it's always wrong."

"But alternative medicine's advocates — a growing number with MD's behind their names — say that attitude represents what medicine stands to lose, not gain, by keeping a closed mind."

"[Victor Herbert's statement] doesn't sound like a good scientific attitude to me. In fact, it sounds anti-scientific," said Georgetown University psychiatry and family medicine professor James S. Gordon, MD, who chairs OAM's (Office of Alternative Medicine, an arm of Congress) new Alternative Medicine Program Advisory Council. "We need to find out the most useful and beneficial aspects of these alternative therapies and

"Within the next generation, alternative therapies will be considered fairly routine."

— News of the AMA

then integrate them into what we call conventional medicine," said Dr. Gordon. Dr. Dossey agrees. "We have to have the courage to follow leads wherever they take us — it's called being a good scientist," said the former practicing internist, who has written several books on the mind's capacity to heal the body. The article continues, "There are also signs that the next generation of physicians may be more attuned to alternative therapies. Dr. Gordon estimates that 15 to 20 of the nation's 126 accredited medical schools now offer elective courses in alternative medicine, with many more hosting seminars and workshops."

The next headline reads (friends and members of the Gerson Institute please

note!) *Consumer-driven movement* and refers again to the "landmark study published in the *New England Journal of Medicine* in 1993 noted at the start of this article, that more than one third of the US adults had sought alternative treatments in 1990."

"It has been fascinating to watch this develop", said M. Roy Schwarz, MD, AMA group vice-president for scientific educational and practice standards. "I think what is propelling it, in part, is a general disenchantment on the part of the public with the system and its authority figures, which include doctors, hospitals and government."

The article closes with this statement by Dr. Micozzi, "Within the next generation, alternative therapies will be considered fairly routine. And I think the medical profession will take it all in stride, because the best of the alternatives will be just good medicine."

Considering the laws which have now passed legislatures in New York State, Alaska, etc. allowing physicians to use alternative medicine, perhaps we are seeing "the dawn of a new medicine".

PLEASE KEEP PRESSURE UP ON THE MEDICAL ESTABLISHMENT: phone, write, discuss these things with friends and relatives, but especially with your doctor. Remember: The AMA newspaper itself attributes the shift to consumer pressure.

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

Mailbag ...*(Continued from page 7)*

It is a little more difficult to clean the equipment after castor oil. You have surely experienced the oily stickiness of the mixture and it is most easily removed with rather hot, soapy water. Rinse out and brush out the bucket, and allow the hot soapy water to run through the tube for a little while, hopefully to take away the oily residue.

Another question covers the maintenance of the juicer. It is wise to have the blade sharpened if you notice some difficulty in the grinding. It may be best to have two blades so that, while one is away at the plant or repairman's being sharpened, juicing is not interrupted. For other maintenance questions, see the Norwalk Instruction booklet.

Another reader asks: "My wife has overcome some problems by eliminating fats and skim milk. Strangely enough, she can tolerate skim milk yogurt. Can she take flax seed oil and castor oil by mouth as well as enema?"

Flax seed oil is the only oil which is even tolerated by cancer patients. As most Gerson people know, *all* other oils and fats tend to stimulate tumor growth. Flax seed oil is not only well tolerated, but it provides the patient with the all

important essential fatty acids, helps to carry beta carotene through the blood stream, and also helps to dissolve plaque (deposits of atherosclerosis clogging the arteries). I would be extremely surprised if a patient did not tolerate flax seed oil as long as it is made correctly from organically grown seeds and under cooled conditions. Though we have not seen any allergic reactions to flax seed oil, a rare case is possible.

Castor oil, presents no problem of being poorly tolerated: it is an interesting material insofar as it is totally unassimilable by the body. It is simply not digested, thus does not go into the bloodstream. Since the body seems to put everything in motion to eliminate this oil as quickly as possible, it passes rapidly through the intestinal tract, carrying many toxins and old deposits with it. That is the purpose of using castor oil.

The reason for a patient's tolerance of non-fat yogurt while she is unable to digest non-fat milk is also logical. The yogurt is predigested by the acidophilus bacterial cultures which partially break down the proteins in milk. The proteins in non-fat milk are not predigested and are not well tolerated, especially by a sick or damaged body.

One question came up that, I believe, is on the minds of many of our readers and former patients: How do you come off the Therapy? That one is difficult to answer. First of all, while Doctor Gerson said that patients should stay on the Therapy for some 18 months for total recovery, total rebuilding of the liver and

essential organs, that is no longer enough. People are more toxic today than they were 35 years ago. Poisoning of the air, water, and soil with pesticides and fungicides, and the processing of foods combine to deliver a higher level of toxins than they did in Dr. Gerson's day. Further, the use of medical drugs has mushroomed. Antibiotics, tranquilizers, blood thinners, beta blockers, anti-depressants (these cause some of the worst, long term problems) are all much more widely used today, so people are more toxic and damaged than they were 35-40 years ago. That means that it takes longer to recover fully — probably at least two years. If, in addition to their illnesses, patients were also treated with chemotherapy, it may take still longer to really heal and restore them. So the first problem is: *when* do you come off the Therapy? For the average cancer patient the answer is: probably after two years; after chemo, perhaps 6 months or a year longer, possibly you can never come off the Therapy completely. For other diseases, it may take less time to restore the defenses. Juvenile diabetics and kidney disease patients should probably never come completely off the Treatment!

But, when the body is really restored, and your doctor is satisfied that your test results are steady and normal, at about two years, *and* you feel comfortable with your condition, it may be safe to come off the Therapy. The first thing is probably to reduce the 13 juices to, say, 8 glasses. By this time in the treatment, you are probably down to one or two enemas a

(Continued on page 10)

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POWER NUTRITION SEMINARS OFFERED IN CARMEL, CA

SAT Jan. 21, Mar. 11, and Apr. 22, 1995, 10:00 AM to 4:00 PM

POWER 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.

Your 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.

GERSON THERAPY CONVENTIONS AND LECTURES WINTER/SPRING 1995 (cont.)

(Continued from page 11)

Lectures by Charlotte Gerson

An exhibit table will offer Gerson Therapy information, books, audio & video tapes, etc.

FRI, SAT, SUN, APR. 7, 8, 9, NEW YORK CITY, NY Gerson Therapy Lectures and Workshop

PART OF NEW LIFE EXPO '95 (212) 787-1600 Expo Admission Pass Required

NEW YORK ROOSEVELT HOTEL, 45th & Madison Ave., Convention Room Rate \$90 Reservations (800) 223-1870

SAT 11:00 AM CURING 'INCURABLES': THE GERSON THERAPY

By Charlotte Gerson, Pres. Gerson Institute

3-5 PM WORKSHOP, (Part 1 of 2) HOW TO DO THE GERSON THERAPY **\$25 or \$20 in advance**

Presented by Charlotte Gerson, Pres. Gerson Institute **Phone: 212 787-1600**

5:30-7:30 PM WORKSHOP (Part 2): HOW TO DO THE GERSON THERAPY **\$25 or \$20 in advance**

SUN 11:00 AM MORE WAYS TO WIN WITH THE GERSON THERAPY. By Norman Fritz, V. Pres. Gerson Institute

Fri, Sat, Sun, A Gerson exhibit booth (#23A) will offer Gerson Therapy information, books, audio & video tapes, etc.

FRI, SAT, SUN, APR 21, 22, 23, ASHEVILLE, NC Gerson Therapy Lectures and Workshop

PART OF LIFE ENRICHMENT EXPO (704) 687-7838. Expo Admission Pass Required.

ASHEVILLE CONVENTION CENTER, 87 Haywood St. Asheville

SAT 11:00 AM CURING 'INCURABLES': THE GERSON THERAPY

Lecture by Norman Fritz, V. Pres. Gerson Institute

3-5 PM WORKSHOP: HOW TO DO THE GERSON THERAPY AT HOME Lecture by Norman Fritz **\$15**

6-8 PM CONTINUATION OF WORKSHOP by Norman Fritz **\$10**

A Gerson Therapy exhibit booth #505 will offer Gerson Therapy information, books, audio & video tapes, etc.

For any questions or for additional information, please call or write:

GERSON INSTITUTE/CANCER CURING SOCIETY, P. O. BOX 430, BONITA, CA 91908-0430

tel. (619) 472 7450

Mailbag ...

(Continued from page 9)

day. So, you can now try to do with just one. If all goes well and you have at least one normal bowel movement a day, and continue to have good energy, you may be able to do an enema every other day. If that is not well tolerated, if headaches reappear, return to the level at which you were comfortable, an enema daily, for example. If all remains well, you can slowly reduce your juices further to perhaps 6 a day, and even less. But it would be wise to make juice at least once a day and stay with 5-6 glasses (with meals) for quite a while longer.

Meantime, if you really enjoy it, you can start to add fish (boiled or baked) once a week (and that does *not* include sea food, shrimp, oysters, lobster, etc.) Never feel that you absolutely have to add fish to your diet for energy. That is simply wrong. Chickens are so badly raised and slaughtered (See TIME, Oct. 17, 1994)

that they are *never* safe and are best avoided. So-called 'organic' chicken may be acceptable, but you should always be suspicious of chicken. (See *The Gerson Healing Newsletter*, May/June 1994: *The Case Against Chicken*) Perhaps after some additional time, if all the above is well tolerated, you can take some veal once in a while, or even a little lamb. Do not go back to eating meat or eggs regularly.

It is also wise to stay away from salt. Once you are used to a saltless diet, stay off salt for the rest of your life. It would be wise to live on good, healthy live foods, vegetarian and salt-free, for the rest of your life. Dr. Gerson felt that you should also enjoy life. When a special holiday comes along, Thanksgiving, Christmas, Easter or a wedding or anniversary, go ahead and indulge! *But*, Dr. Gerson warned, don't let anything accumulate in your body. Don't allow heavy, refined and fat-rich foods to form

your basic diet, depleting your minerals and vitamins and overloading your defenses. If you eat a heavy 'feast', take some digestive enzymes and an enema the next morning. You will feel better, light and active again.

If at any time, you feel tired, toxic, headachy, low in energy etc., don't hesitate to take a coffee enema immediately, make some extra juice, and give yourself a boost. If that is not enough, go back to as much of the Therapy as you need to feel well again. *Listen to your body: It will give you the signals!* It is all right to go off the Therapy, but always remember to keep your body functioning at its best level so it can take an occasional insult. It will reward you by keeping you clear of colds and flus — when 'the bug is going around.' You will have better physical and mental energy, keep your skin, teeth, eyesight, hearing — literally everything in top shape for a lifetime. It's worth the effort.