



# GERSON HEALING NEWSLETTER

Volume 10, Number 2

March - April, 1995

\$2.00

## Cure and Prevention of Diabetes

by Charlotte Gerson, President, The Gerson Institute

In order to simplify the discussion of diabetes, we will divide the subject into two sections: Juvenile Diabetes and Age Onset Diabetes.

Due to its causes, age onset diabetes is relatively simple and easy to overcome with the Gerson Therapy. It has been shown that many patients with age onset diabetes actually produce adequate amounts of insulin, as is evidenced in their blood. Yet they are not able to properly assimilate and burn sugar at the cellular level to produce energy. Instead, diabetics often excrete sugar in the urine, are thirsty and drink excessive amounts of water, and lack energy. Since these patients have insulin in their blood, why are they diabetic? The problem is that the available insulin in the bloodstream is not being used by the body to metabolize the sugar. In order to perform its function, insulin must enter the individual cell and reach the cell's insulin receptors. In diabetics, insulin receptors are blocked or clogged with cholesterol, so the insulin is unable to do its job. So age-onset diabetes is really a cholesterol problem, not one of sugar, or even malfunction of the pancreas (which produces insulin in the Islets of Langerhans).

Since no animal products are used, the

Gerson Therapy is totally devoid of cholesterol. At the CHIPSA facility where the Gerson Therapy is administered, we have seen blood cholesterol levels drop dramatically, in some patients, up to 100 points in just one week on the therapy without cholesterol-reducing drugs.

If the uptake of insulin is blocked by cholesterol, then it could be expected that this dramatic reduction in serum cholesterol levels would result in an almost immediate reduction of the requirement for insulin supplementation. In fact, it does. One patient, who also suffered from metastasized melanoma in the liver, had a fasting blood sugar level of 177 on entering the CHIPSA Hospital (the normal level is 120 or below). In two days, this level dropped to 120 — without insulin. In one particularly dramatic case, we saw a diabetic patient, age 46, with sugar levels in his bloodstream of over 200, that were uncontrollable with insulin and drugs. This problem completely cleared in five weeks. At that time, he was able to take all the juices of the full Gerson Therapy (carrot juices contain large amounts of complex carbohydrates) without any

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**Diabetes ...***(Continued from page 1)*

further need of insulin. His blood sugar level returned to a normal 120, and remained stable.

**Juvenile Diabetes**

Juvenile diabetes presents entirely different problems. In juvenile diabetes, as opposed to age-onset diabetes, we are dealing with true insulin deficiency, damage to the Islets of Langerhans (the gland clusters in the pancreas that produce insulin). According to an article some years ago, in *Scientific American*, juvenile diabetes is most commonly diagnosed in children after a severe, long lasting 'flu' that doesn't seem to yield to normal treatment. This, it turns out, was not a flu, but pancreatitis; an infection and inflammation of the pancreas, resulting in damage to the Islets of Langerhans, and the subsequent diabetes.

A few days ago, I had a call from a distraught parent who is trying to deal with two children, girls aged 6 and 10, both afflicted with juvenile diabetes. He did not comprehend the true cause of his children's disease and the progression of their problems, starting in early infancy, that led to diabetes. I have talked to many parents and can usually reconstruct what happened. The children are immune deficient from birth. This deficiency is aggravated by immunizations, but it is also due, in large part, to the mother's poor nutrition, one lacking in essential nutrients.

These already deficient babies are generally not breast-fed, but instead receive artificial canned, jarred, and processed milk and baby foods. The resulting lack of nutrients adds to the original immune deficiency, and manifests as a progression of infections, colds and flus. The child is now plied with drugs, including antibiotics and various flu medicines. Drugs will temporarily suppress the infections (in the above case, constant ear infections) but will not strengthen the immune system. On the contrary, all antibiotics are toxic to some extent and suppress the immune system further. So the infections become more frequent and more severe — until, one

day, they become a full fledged pancreatitis. Not long after that, the child is diagnosed with juvenile diabetes.

We need to consider another point: the liver and the pancreas, since they are such extremely important organs, have their own immune systems, the reticulo-endothelial system. If hepatitis or pancreatitis occurs, this alone proves that the affected organ's immune system is severely damaged. The weakening of the immune system is caused partially by frequent doses of antibiotics and/or other medical drugs — all of which are more or less liver toxic.

But once a child develops diabetes and

### Few people realize that diabetes is the third most frequent cause of death in the United States

begins taking insulin, this does not overcome the immune weakness. On the contrary, the infections continue and require more and more drug suppression. Insulin does not produce healing!

For many people who have never dealt with the problem, diabetes seems like a mild illness, easily overcome with

**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.

**"For a successful technology, reality must take precedence over public relations, for Nature cannot be fooled."**

— *Richard Feynman, personal observations on the Reliability of the Shuttle, Appendix F: The Rogers Committee Report on the Challenger Tragedy.*

insulin injections. That is unfortunately not true. Juvenile diabetes often results in kidney damage, with resulting need for kidney dialysis. Many of the children afflicted with this disease, as they go into early adulthood, are subject to retinal damage which can result in blindness. Young adults whose kidneys no longer function require kidney dialysis and eventually kidney transplants — which are only good for a few years and then fail with deplorable results.

In age-onset diabetes, the doctor's suggestion to avoid starches and sugars and eat more proteins produces other serious problems. As we have seen above, this disease is largely due to excess cholesterol. But the recommendation of 'a high protein diet' is understood by most patients to mean that they should eat largely animal products. Meat, chicken, fish, cheese, eggs and milk are very high in cholesterol, the very cause of the problem. The result for most of these

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## Editor's Corner

by Howard Straus

In the past few issues, we have had the opportunity to inform you of some apparently stunning information that was about to be published. We solicited letters from patients for the promised USA Weekend feature article on alternative therapies, and eagerly awaited the outcome, knowing, as we did, that hundreds of letters had come to USA Weekend, with overwhelmingly positive experiences related by the patients themselves. The act of reporting on the results would have been a revolutionary act, giving wide circulation to positive data, gleaned not from the people who had the most to gain, the practitioners themselves, but from widely scattered individuals from all walks of life, sharing their experiences with many different alternative modalities.

Not only did January's USA Weekend fail to bring to their readership the important information transmitted to them by over 600 satisfied patients of alternative, nutritional therapies, including the Gerson Therapy, but the Health Editor, Mr. John Butterfield, to whom Charlotte had spoken in the prior months, has disappeared from the publication, and no longer works there.

For years, the conventional medical community has sneered at the absence of articles published by Gerson and his followers in peer-reviewed journals (falsely, we might add). They have made it clear, however, just why little gets published. The people that govern the flow of information, vital or otherwise, to the public and to the scientific community, are apparently held to a higher standard than the truth: commerce and profit. Information that would interfere with these results is simply suppressed, denying the public, and even the scientific community the opportunity to make informed choices or pursue avenues of research based on complete and comprehensive data.

The choke points of the commercial media are easy to control through food

and drug advertising, and these avenues are vigorously policed by the AMA, the FDA, the FCC, and a host of other governmental and private organizations in pursuit of their self-interest. You may rest assured that censorship is never, ever exercised for the benefit of the consumer of information. Keeping a population in the dark is a time-honored tool of repression and control.

We are beginning to explore avenues of publication that will give very broad exposure to the Gerson Therapy, its history, results, methods and practice, and that are, as yet, totally beyond the control of any repressive entities. You will hear more about these avenues in due course.

An article in *Time Magazine*, October 17, 1994, titled "Something Smells Fowl" was prompted by the forced resignation of Secretary of Agriculture Mike Espy due to the discovery that Tyson Foods, the world's largest chicken processor, had made significant payments to Mr. Espy and his girlfriend. Over 7 billion chickens are slaughtered in the United States each year, under ever more unsanitary and septic conditions. The Department of Agriculture, with its history of serving the industry it is supposed to regulate, has turned a blind eye to the awful conditions in chicken processing plants, as "there is simply too much money at stake." After reading this article, which should be available in any public library, it is a wonder that anyone would want to consume this sick, spoiling and septic flesh. The beef and pork industries are poorly enough regulated, but, as *Time* points out, "the government imposes more stringent rules on meat packers than on the poultry industry," simply because of the immense clout of the poultry producers.

When will we realize the tremendous societal cost of ignoring the illness and death of hundreds of thousands of our citizens?

Once again, we are sadly reminded of that cynical definition of the Golden Rule: "He who has the Gold, makes the Rules."

## Melanoma Outcome Study

by Charlotte Gerson

In the last issue (Vol. 10, No.1) of the *Gerson Healing Newsletter*, we announced the publication of the Melanoma Outcomes Study that was to appear in January, 1995, in the *Journal of Naturopathic Medicine*. Many of our members have told us that they are looking forward to the report with great interest.

In the interim, the College of Naturopathic Medicine was given a grant of nearly a quarter of a million dollars for AIDS research. We have been told they are extremely busy organizing the details. At this time, they do not expect to be able to publish our Melanoma Study until their April, 1995 issue.

The *Journal of Complementary Medicine* and another publication have expressed interest in publishing the material. At the moment, we have no further information regarding the inclusion of the melanoma report in either of these journals.

We can give only a brief resume of the study.

Only the "assessable" patients make up the results of the study. This means they were fully documented with biopsies prior to admission. Of the assessable patients, only a few were in stages I or II, the balance were patients with advanced disease. Of the early patients, 100% survived up to 17 years.

We cannot, at this time, give details of the study, as that might disqualify it from publication. Let it suffice to say that the long-term survival of advanced patients dramatically exceeds anything ever published.

## Errata

In the last Gerson Healing Newsletter, part of the last sentence of the feature *From Charlotte Gerson's Clinical Notebook* was inadvertently omitted. It should have read:

"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 patients to them."

We sincerely apologize for any inconvenience or confusion this omission may have caused. — Ed



## Diabetes ...

(Continued from page 2)

patients is that more serious cholesterol problems develop: deposits in the arteries leading to high blood pressure, heart disease and heart attacks; poor circulation with resulting gangrene. Gangrenous toes, feet and legs often must be amputated. Retinal detachment problems lead to blindness.

Most of the problem is the excess cholesterol as well as excess animal protein that causes much of the overload on the kidneys and their eventual failure. Few people realize that diabetes is the third most frequent cause of death in the United States (after cardiovascular disease and cancer) but it is rather easy to overcome with the Gerson Therapy. Since the Therapy deals easily and quickly with the cholesterol overload, the patient's body becomes able to break down and eliminate the arteriosclerosis, the kidney and eye problems, as well as the overload on the heart. We have even seen painful toes, already cold and white due to lack of circulation from arteriosclerosis, turn warm and pink again in a week or two on the Gerson Therapy.

Admittedly, it is much easier to deal with age-onset diabetes, since it is mostly a cholesterol problem with the resulting arteriosclerosis and kidney damage. When it comes to juvenile diabetes, we must remember that we are dealing with true pancreatic dysfunction with resultant poor insulin production. We have seen some children with juvenile diabetes improve eyesight, overcome high blood pressure and kidney damage. But, since the Islets of Langerhans cannot be restored to full function, these people have to stay close to the Gerson Therapy for the rest of their lives. In children and youngsters that is a tall order. On the other hand, we have seen one patient, who started on the Gerson Therapy with "40% irreversible damage to his eyesight" according to his ophthalmologist, with high blood pressure that was uncontrollable at over 220; with constant kidney pain and severe edema — be cleared of all these problems using

the Gerson Therapy. But, after some time, at age 22, he was tired of adhering to this strict diet and felt he could do well enough without it. He went back to his former ways, the standard American diet (SAD), and after a few years, went blind, went on kidney dialysis and eventually died.

This terrible scenario is not only curable but preventable. However, prevention is one of the most difficult approaches to 'sell' to the public. People usually feel that, as long as they are well, nothing can happen to them, and diseases are for other people. Also, they have a strong resistance to changing their diet and lifestyle. Prevention of juvenile diabetes starts with the mother. Even prior to conception, her diet matters. The typical high fat, high salt, and high protein American diet is unfortunately not conducive to good health. The mother's diet should consist largely of fresh (organic, whenever possible) fruit and vegetables, raw salads and juices and a little non-fat unsalted protein food, such as non-fat yogurt or cottage cheese. Also stimulants and drugs should be omitted: coffee, alcohol and especially cigarettes, not to speak of street or physician-administered drugs, tranquilizers, sleeping pills and pain killers. Please note: on a vegetarian, salt-free, low animal protein diet, people will naturally be free of pain, sleep well, have no colds and flus and require no drugs.

The next area of prevention for the mother is, of course, during her pregnancy. She again needs large amounts of fresh fruit and vegetables, raw salads, etc. and fresh vegetable juices. The usual admonition: "take a lot of proteins, drink plenty of milk" is completely wrong and could even be dangerous, as it tends to overload the kidneys and produce toxemia. A properly nourished mother will have a baby strong in immune response, free of infections and, if the baby is breast fed, also free of colic. An easy, relatively painless birth is an extra bonus.

One of the important preventive reasons why breast feeding is so essential is the very first fluid which

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## Dr. Lorraine Day's Video Available for Rental

In the last *Gerson Healing Newsletter* (Jan.-Feb. 1995, Vol. 10, No. 1) in the *Charlotte Gerson's Clinical Notebook* feature, we carried the "recovered patient" story of Dr. Lorraine Day. Dr. Day has released a videotape of her own, entitled *Cancer Doesn't Scare Me Anymore*.

The tape is a powerful statement, not only telling Dr. Day's own story of total healing of her breast cancer on the Gerson Therapy, but also documenting the cynical and ignorant approach to breast cancer and alternative therapies of the American Medical Association with statements from their own journals, *Journal of the American Medical Association*, *The New England Journal of Medicine* and *Lancet* as well as books over the last 20 years.

Dr. Day was Associate Professor of Medicine at U.C. San Francisco for 15 years, and Vice Chairman of the Department of Orthopedics. She was also Chief of Orthopedic Surgery at San Francisco General Hospital. Dr. Day has also written a book on the AIDS coverup, called *AIDS — What the Government Isn't Telling You*.

Because we are so impressed with the content and presentation, including the documentation, by Dr. Day, the Gerson Institute is offering this tape for the price of \$19.95 (California residents, add 7.5% sales tax). If you wish, you may return it in good condition within 15 days, and we will refund you \$10.00. We are convinced that you will want to keep the tape for yourself, and share it with your family and friends. It has quickly sold out whenever we have offered it for sale.

Order your copy today.



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

enters the breast. This is not actual milk, but a transparent fluid, called colostrum. It is nature's gift to this wonderful new life and helps to build the baby's immune system, the friendly bacteria in the intestinal tract, etc. It is unfortunate that some pediatricians feel that they know better than nature and tell mothers to discard this first fluid "since it is not milk" and wait until the 'real milk' comes in before breast feeding is to begin.

The next important preventive step, of course, is the actual nutrition of the baby. If the baby is fed good, fresh live foods, first mother's milk, then fresh vegetables, mashed bananas, apples and fresh oatmeal rather than boxed 'Pablum' or other artificial cereals, the baby will remain well with good defenses. One of the first additions to the child's diet, as early as the second or third month, and even before oatmeal, should be freshly pressed carrot juice, made from organic carrots. As the child grows, one must keep items such as ice cream, cookies, cakes, etc., to the barest minimum, only for special occasions. In an earlier *Healing Newsletter* (Vol. 9, No. 3), we published the devastating effects on children of hot dogs and other spiced sausage meats. It is also most important to avoid bottled 'soft drinks', especially those containing stimulants, such as the cola drinks. Again, fresh fruit and vegetable juices (carrot and apple, for instance) are best.

**Adult Diabetes Prevention**

We now go on to the adult prevention program. Obviously, since age-onset diabetes is caused largely by excess cholesterol, we have to come to the same conclusions: a low animal protein and low fat diet, no deep fried foods, minimum salt and sweet bottled drinks as well as avoidance of alcohol, cigarettes, and other stimulants. To keep the body's defenses at a peak level, with high enzyme function, we must again have the best, fresh, organic

*(Continued on page 6)***Censorship at USA Weekend?**

Charlotte Gerson

In July of 1994, a small article appeared in the USA Weekend, the weekend edition of the nationally distributed newspaper USA Today. The paper promised to publish a special edition on Health and Alternative Therapies. They invited anyone who had prior experience with any alternative therapies to write and share their stories and reactions to these treatments. The paper requested that all responses be received by August 17, 1994.

As this was an ideal opportunity to get information before the public, the Gerson Institute mailed letters to many of our recovered patients, asking them to write to USA Weekend in response to the above request - with a copy to us. Many people did.

Near the end of August, I called the USA Weekend's Health Editor, Mr. John Butterfield, to ask about the response to their appeal. Mr. Butterfield told me that he had received over 600 responses, not all from Gerson patients, and that almost all of them were positive. When I asked about the date of publication, he told me that the edition of January 1, 1995 would carry the story, the responses, and the overall results of the survey.

We naturally waited with bated breath for the January 1st issue. When it arrived, we scanned it for the data we knew it would contain. But we found, in Sandy's words: *not one word* about nutritional therapies. There were articles about various alternative approaches, food suggestions (and food advertising), chiropractic, and herb treatments. But there was nothing about the Gerson Therapy, or any nutritional therapy.

There was not a word of acknowledgment for the many letters received or the positive responses to the requests. When we asked to speak to Mr. Butterfield, the Health Editor who initiated the survey and solicited the reader responses, we were told that he "was no longer working at the paper."

This will surely be taken as an object example for any other editor who tries to tell a truth that does not jibe with the stories the advertisers want to sell. We are currently looking for Mr. Butterfield, and will follow up on the events surrounding his 'leaving' USA Weekend, if and when we locate him. Mr. Butterfield, if you want to submit an article to the Gerson Healing Newsletter, we would like to hear from you.

The copies of the letters we received will not, however, go to waste. With this issue of the Gerson Healing Newsletter, we are starting to publish some of the wonderful testimonials we received. Thanks again to all the people who wrote and sent us copies of their letters.

Here is one of the letters we received. Given the high incidence of breast cancer in the United States (one of every 8 to 9 women will be diagnosed with breast cancer sometime in their lives), this letter alone should be a story of interest to any newspaper.

August 16, 1994.

Dear USA Weekend Health Editors:

I am a 62 year old R.N. with diagnosis of left Breast Carcinoma by Mammogram and examination (palpation) in June, 1976 by Richard Carter, M.D., Covina, California. Biopsy and Left Radical Mastectomy was done by him at Intercommunity Medical Center, Covina, July 1976. Axillary nodes were negative at operation, and no necessary follow-up treatments were recommended at that time.

*(Continued on page 6)*

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



## Doctors File Complaint With FTC Over New Milk Ads

News Release from Physicians Committee for Responsible Medicine

WASHINGTON, DC, Jan. 20. — Saying that the new "celebrity milk mustache" advertising campaign is deceptive, the Physicians Committee for Responsible Medicine (PCRM) is lodging a complaint today with the Federal Trade Commission in Washington, D.C.

The ads, sponsored by the National Fluid Milk Processor Promotion Board, say "with calcium galore, [milk] is one of the best things around." Each ad uses a female celebrity. The focus on calcium and women clearly implies that calcium in milk is the answer to the bone loss of osteoporosis, a disease which is of particular concern to women. PCRM says that the ad obscures the fact that loss of bone mass is typically caused by excessive calcium loss, rather than inadequate calcium intake.

In fact, increasing milk consumption is one of the weakest possible strategies for protecting the bones and to suggest otherwise is dangerously misleading. Calcium intake during childhood and early adulthood does influence bone mass. However, bone density quickly declines later in life if calcium losses are not controlled. In fact, countries with high calcium intakes typically have much higher fracture rates compared to countries with lower calcium intakes, indicating that the factors encouraging calcium loss easily overwhelm any beneficial effect of a higher calcium intake.

For example, the average calcium intake in Singapore is 389 mg/day, less than half the recommended daily allowance in the U.S. But the fracture rate in Singapore is five times lower than in the U.S., where the calcium intake is much higher.

Dietary and lifestyle factors that encourage the loss of bone calcium include animal protein, sodium, caffeine, phosphorus, tobacco, sedentary lifestyle. The demineralization caused by these

factors has a much greater public health impact than variations in calcium intake.

For example, eliminating meat from the diet was found in one study to cut urinary calcium losses in half. Cutting sodium intake in half can reduce calcium requirements by 160 milligrams per day. Avoiding tobacco has demonstrable effectiveness; smokers have 10 percent weaker bones compared to nonsmokers. Regrettably, American women have little knowledge of these factors, thanks in large measure to a continuing deluge of misleading advertisements from the dairy industry. The result is a continuing epidemic of serious, sometimes life-threatening, fractures.

Some calcium is needed in the diet. The World Health Organization recommends the consumption of 400-500 mg of calcium per day. Green vegetables provide calcium which, except for spinach, appears to be of equal or greater bioavailability than that in milk, and many legumes are also rich in calcium. These sources have other advantages; they also provide other minerals, antioxidants, complex carbohydrates, while being free of animal proteins, animal fat, and lactose. The adequacy of plant sources is clearly shown in population studies. Groups which follow plant-based diets generally have lower fracture than those whose diets are based on animal products.

"The dairy ads give women a dangerously false sense of security, suggesting that if they drink milk their bones will be protected," says Neal Barnard, M.D., President of PCRM. "Excessive calcium intake does not fool hormones into building much more bone, any more than delivering an extra load of bricks will make a construction crew build a larger building. The problem is calcium loss and the dairy ads only obscure that fact."

## USA Censorship?...

(Continued from page 5)

A "hard mass" Right Breast was diagnosed July, 1977 also by Dr. Carter, and examination again in 3 months was recommended with the advice that surgery would probably be needed as "Breast Cancer is a bilateral disease" per Dr. Carter. No Biopsy was done at this time.

As an R.N., I had cared for many Cancer patients who went to their death despite conventional treatments, and early on had read Dr. Gerson's book and about other alternative therapies. I began the Gerson therapy in August, 1977, and upon exam by Dr. Carter approximately May, 1978, disappearance of this mass had occurred. I continued the Gerson therapy until February, 1979.

I am well today, 16 years later, having had no recurrences, and have been continuously monitored during this time by M.D.'s and yearly mammograms. Most recent Bone Scan in 1991 was normal.

Original of letter and current photo is being forwarded. Copies of these are being Faxed today.

Sincerely yours,  
(s) Joan J. Cleary

## Diabetes ...

(Continued from page 5)

fruit and vegetables, avoid salt, stimulants and drugs, but use fresh vegetable juices with only occasional 'treats'.

Dr. Gerson wrote about prevention in his book *A Cancer Therapy*. He felt that a diet consisting of 75% building and highly nutritious material, and 25% of "your choice" would be adequate. That was 40 years ago. In the intervening years, technology has damaged the air, water, soil and foods much more, with the predictable result that most people's resistance is much lower. Therefore, I would propose a diet of 90% building and defensive foods (fresh, organic fruit and vegetables) with at most 10% "at liberty" for prevention of disease.

# From Charlotte Gerson's Clinical Notebook

## Pregnancy and Cancer Incidence, Youthful Folly, Convention Circuit

by Charlotte Gerson

### Pregnancy and Cancer Incidence

It is especially painful to see young women with very small children, who are suffering from cancer. Unfortunately, this is not rare, and we have seen a number of such cases.

The same underlying problems of all cancers exist: deficiency and toxicity. It is impossible for a healthy body to produce cancer. When all the body's natural defenses are in place, including especially the immune system, the body will naturally kill and eliminate cancer cells whenever and wherever they develop. It is therefore understood that, before cancer can become established and evident, the body's major defenses are either weakened or destroyed. The immune system is not working, the enzyme system is damaged; the pancreatic enzymes are no longer destroying foreign proteins (tumor tissue) and the hormone system and minerals are depleted.

Today's young women often have bodies that barely maintain balance and health even under normal conditions. When one of these marginally functioning young women becomes pregnant, her body is called upon to produce an entire new human being with its own organ systems. This puts a tremendous strain on a body that is already barely functioning. If the woman's food intake contains the necessary ingredients (fresh, raw fruits and vegetables, with their vitamins, minerals and enzymes in assimilable form rather than in pharmaceutical preparations) the body receives the additional materials to accomplish

the task. However, the Standard American Diet (SAD) is seriously deficient in these essential live nutrients. Worse yet, the SAD puts additional strain on the pregnant woman's body because of excess fats, animal proteins and salt, along with food chemicals, preservatives, dyes, emulsifiers, etc.

Now there is a problem: for the preservation of the species, nature always provides for the baby, the new life, and will build as perfect a body for the baby as is possible, even at the expense of the mother — from available vitamins, minerals and nutrients. If these essential nutrients — building blocks — are

**Nature always provides for the baby, the new life ... even at the expense of the mother.**

not supplied to the mother's body in the form of good nutrition, nature will take the materials from the mother's already marginal body systems. Now, the minerals, enzymes and nutrients for the woman's body become seriously depleted, the defenses virtually disappear — and she can become ill. When the depletion and toxicity is serious enough, the predictable result is cancer. In other cases, it might 'only' result in toxemia of pregnancy, kidney malfunction, etc.

In early December, '94, I had a very exciting phone call. A lady told me that she and her daughter were at CHIPSA in 1982. The daughter, Lura, was 26 at

the time and they brought along her 1-year old baby boy. During her pregnancy, Lura had been diagnosed with ocular melanoma at the Health Sciences Center of Portland, Oregon. Because of her pregnancy, Lura was not treated with chemotherapy. However by the time her baby was one year old, she had 7 surgeries, each time to remove more of the spreading melanoma around her eyeball. Each time, more melanoma tissue would appear in her eye socket, each surgery sought to remove some more of the malignant tissue. Originally, her doctors expected that, due to the seriousness of her disease, she would not live 5 months; but she had already exceeded that prediction. Still, they maintained that her situation was "hopeless and that there was nothing they could do."

When she was first seen at CHIPSA, the affected eye was blind.

We are so very happy to report that Lura is now well, 36 years of age, and that she has a strong healthy 11 year old boy. More exciting: the vision of the affected eye has come back to 20/20 — all as a result of the Gerson Therapy.

### Youthful Folly

- From the Centers for Disease Control and Prevention, 1994, U.S. Surgeon General's Report on Smoking, we quote the following:
  - An estimated 3 million adolescents age 13 to 18 smoke.
  - In 1993, 19% of high school seniors

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## Clinical Notebook ...

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smoked, vs. 17% in 1992.

- From 1976 to 1984, 46% of senior smokers said they wanted to quit; 38% of daily smokers said they had tried, but failed.

- In 1991, three of 10 seniors did not believe heavy smoking posed a serious health threat.

- In 1991, 88% of adult smokers said they had picked up the habit by 18; their mean age for starting was 14.5 years. 71% of daily smokers said they had smoked every day by age 18.

### From the Convention Circuit

It is always a special pleasure in the course of our attendance at various health conventions, to see some of our recovered patients. During the National Health Federation Convention in Pasadena this past January, several people came up to our booth to tell us about their recovery.

One lady who showed up was Dael Mintz. We can now report an update on her story.

You may recall Dael's case which we reported in the *Gerson Healing Newsletter* of Nov./Dec. 1994 (Vol. 9 No. 4). Dael had an exceptionally far advanced case of melanoma, which had spread from her nose to form many nodules under her skin over the ribs; it had shown up in tumors in each of her lungs, tumors in her liver as well as her bones. During December, (18 months after she started the Gerson Therapy at the Hospital) she had another appointment with Dr. Melendez at CHIPSA. At that time, she brought along a new liver scan, which showed *clean*. Dr. Melendez' joy knew no bounds, and, of course, we were all impressed and delighted. Dael also came to the NHF Convention in Pasadena in January and addressed the audience, telling them of her extremely wide-spread cancer, and how she was healing. She got a well-deserved round of applause.

Another patient who came to visit was

## Know Your Medical Rights

Charlotte Gerson

The United States and Canada are signatories of the World Health Organization's DECLARATION OF HELSINKI, which, among other things states "In the treatment of the sick person, the physician must be free to use a new diagnostic and therapeutic measure, if, in his or her judgment, it offers hope of saving life, re-establishing health or alleviating suffering."

*The World Medical Association Declaration of Helsinki*, contains 'Recommendations guiding physicians in biomedical research involving human subjects' and was adopted by the 18th World Medical Assembly in Helsinki, Finland, June 1964. It was amended by the 29th World Medical Assembly in Tokyo, Japan in 1975 and the 35th World Medical Assembly in Venice, Italy, in October 1983 and the 41st World Medical Assembly in Hong Kong, September 1989.

Following Item I, *Basic Principles*, Item II is headed *Medical Research*

*Combined with Professional Care (Clinical Research)*. The first item is the quote at the start of this article. Of course, there are a number of explanations and restrictions that follow, specifically:

2. The potential benefits, hazards and discomfort of a new method should be weighed against the advantages of the best current diagnostic and therapeutic methods.

3. In any medical study, every patient — including those of a control group, if any, should be assured of the best proven diagnostic and therapeutic method. [This could be a disputed item and will need discussion and proof when it concerns diet and nutrition.]

Further, Item 6 states: The physician can combine medical research with professional care, the objective being the acquisition of new medical knowledge, only to the extent that medical research is justified by its potential diagnostic or therapeutic value for the patient.

Shirley Tice. Her story is published in our information brochure. She had a biopsied breast cancer, a lumpectomy, showing spreading cancer through her breast. She was told to have a radical mastectomy and the usual treatment with chemotherapy. Her friend of about a year who was very much into natural healing therapies, took her to visit CHIPSA before the scheduled mastectomy. She chose nutritional healing and spent a few weeks at CHIPSA. She followed the Gerson Therapy for another two years — and is now fully recovered and well for some (8) years. She also started a new business and is successful and happy.

Penny Martin re-introduced herself to me. I had to admit that I did not remember her. It turned out that she had been at the CHIPSA hospital some 16 years ago, at the La Gloria facility. She came right out and told me that she was very grateful

because we had saved her life, and then told of her rheumatoid arthritis. She had been in such a deplorable state: she was mostly bedfast and in such severe pain that the last three months before coming to La Gloria she had prayed daily for death. After she started the Gerson Therapy, the pain abated, her swellings were absorbed, and she is now perfectly normal and functioning. She has had some 16 years of good health — and remains well — having recovered from an unacceptable quality of life that had robbed her of her will to live.

I am always very happy when we can show such dramatic results with diseases besides cancer, so that people understand that the Gerson Therapy is not exclusively a cancer treatment, but a treatment for degenerative diseases in general, and a healing of the immune system.



## Fluoride, The Deadly Fraud

Reprinted from *Health Naturally*, June/July 1994

### Did you know ...

- That according to the handbook, *Clinical Toxicology of Commercial Products*, fluoride is more poisonous than lead and just slightly less poisonous than arsenic.

- That according to the *Physicians' Desk Reference*: "In hypersensitive individuals, fluoride occasionally causes skin eruptions such as atopic dermatitis, eczema, or urticaria. Gastric distress, headache, and weakness have also been reported. These hypersensitive reactions usually disappear promptly after discontinuation of the fluoride."

- That the Canadian Dental Association recommends: "Fluoride supplements should not be recommended for children less than three years old."

- That from 1990 to 1992, the *Journal of the American Medical Association* published three separate articles linking increased hip fracture rates to fluoride in the water.

- That in the March 22, 1990 issue of the *New England Journal of Medicine*, Mayo Clinic researchers reported that fluoride treatment of osteoporosis increased hip fracture rate and bone fragility. That a study by Proctor and Gamble showed that as little as half the amount of fluoride used to fluoridate public water supplies resulted in a sizable and significant increase in genetic damage.

- That in 1993, researchers from the National Institute of Environmental Health admitted: "in cultured human and rodent cells, the weight of the evidence leads to the conclusion — fluoride exposure results in increased chromosome aberrations [genetic damage]."

- That in 1988, the ability of fluoride to

transform normal cells into cancer cells was confirmed by Argonne National Laboratories.

- That the research of Dr. Dean Burk, former Chief Chemist of the National Cancer Institute, showed that about 10,000 or more fluoridation-linked cancer deaths occur yearly in the United States.

- That results from Battelle Research Institute showed that fluoride was linked to a rare form of liver cancer, in mice, oral tumors and cancers in rats, and bone cancer in male rats.

... about 10,000 or more fluoridation-linked cancer deaths occur yearly in the United States.

- That since 1990, the National Cancer Institute, the New Jersey Department of Health, and the Safe Water foundation all found that the incidence of osteosarcoma, a type of bone cancer, was far higher in young men exposed to fluoridated water as compared to those who were not.

- That in the largest U.S. study on fluoridation and tooth decay, United States Public Health Service dental records of over 39,000 school children, aged 5-17, from 84 areas around the United States showed that the number of decayed, missing and filled permanent teeth (DMFT) per child was virtually the same in fluoridated and nonfluoridated areas.

- Dr. John Colquhoun, former Chief Dental Officer of the Department of Health for Auckland, New Zealand,

investigated tooth decay statistics from about 60,000 12- to 13-year-old children and showed that fluoridation had no significant effect on the decay rate of permanent teeth.

- That according to the October 1987 issue of the *Journal of the Canadian Dental Association*: "Survey results in British Columbia with only 11% of the population using fluoridated water show lower average DMFT (tooth decay) rates than provinces with 40 to 70% of the population using fluoridated water" and "school districts recently reporting the highest caries-free rates in the province were totally unfluoridated."

- That in 1993, the Subcommittee on Health Effects of Ingested Fluoride of the National Research Council admitted that 8 to 51% sometimes up to 80% of the children living in fluoridated areas have dental fluorosis [fluoride poisoning].

- The only developed countries that still fluoridate their water are parts of England, Canada and the U. S., Southern Ireland, Australia and New Zealand. Japan and Hawaii, along with 21 European countries, have banned or discontinued fluoridation.

- Malfunction of the fluoridation system in Hooper Bay, Alaska, May 21-22, 1992 resulted in one death and the illness of 296 others, one critical.

- Fluoridation of runoff and effluent into the waterways of British Columbia and the U. S. Northwest is being blamed for a precipitous decline in their salmon stocks in the last century, from 10 to 16 million a century ago to less than 2 million in 1991.

— Compiled and published by the Safe Water Foundation, 6439 Taggart Road, Delaware, OH 43015



## Fluoride for Population Control?

by Charlotte Gerson

Dr. John Yiamouyiannis has done a great deal of work and writing regarding the dangers of fluoridation. Among other items, he wrote a book titled *Fluoride: The Aging Factor*. In the book he describes the many dangers of fluoride, of which accelerated aging is only one.

A more recent article, also by Dr. Yiamouyiannis, published in *Acres, A Voice for Eco-Agriculture*, November 1994. In the article, he quotes the work of Dr. Stan Freni of the USDA in Arkansas, just published, showing that fluoride in the water was linked to a decrease in fertility. Dr. Freni, in this study, examined populations around the United States and found a decrease in birth rates in areas where the fluoride concentration in the drinking water was higher than 4 ppm.

In another study, by S. W. J. van Rensburg and W. H. de Vos that "interference with reproduction was shown long before there were any symptoms of ill health. Reports came in as long as 20 years ago on how 27% of the males

tested on a fluoridated college campus in Florida did not have a high enough sperm count to successfully impregnate a woman."

"In the second part of these studies K. C. Kranwar, et al, *In Vitro Inhibition of Testosterone Synthesis in the Presence of Fluoride Ions*, IRCS Medical Science Library Compendium, Vol. 11, pp. 813-814 (1983) it was shown that 12 ppm fluoride leads to a depressed testosterone synthesis as well as a depression of testicular and spermatozoid function in males and a loss of fertility in females."

"The October 12, 1984 issue of the Wall Street Journal pointed out in a front page story: 'In recent years, infertility specialists have seen a marked increase in the number of couples unable to conceive. At the same time physicians note the average sperm count among men is decreasing.'"

There are many factors involved in the disruption of the extremely delicate human reproductive system, including chemical pesticides and other industrial toxic waste products, such as dioxin. Each of these factors in isolation, is a threat to the reproductive health of the nation. Several factors together become more potent in combination than simply the sum of the individual effects, a fact that chemical manufacturers and polluters would like to keep hidden. To intentionally add another highly toxic pollutant, an industrial toxic waste, to our water supplies, vitamins, toothpastes, and mouth-

washes, with the full, scientific knowledge that it causes a wide range of diseases in humans, including infertility, is cynicism of the highest order.

The rising rate of infertility in the United States has given rise to entire industries, from fertility drugs to in-vitro fertilization, from surrogate mothers to baby-selling. Desperate young couples spend tens of thousands of dollars to overcome the effects on their fertility of the chemicals in their toothpaste, drinking water, soda pop and vitamin pills.

It is extremely important for each of us, in the light of the emerging body of knowledge regarding fluoride to take steps to safeguard our own health and well-being. Since we are not being protected by our governmental or industrial organizations, we must take our own steps to avoid the toxic wastes they attempt to make us consume.

There are measures you can take to protect yourself from this government-assisted industrial fraud. Remove fluorides from the water you use for cooking, drinking and bathing by reverse osmosis, distillation and filtering. Refuse dental fluoride treatments for yourself and especially for your children. (Children have been known to die from accidentally swallowing the fluoride gel.) Use non-fluoridated toothpastes, available at health food stores and even at your local drug store. Educate yourself about this important issue, and pass this knowledge. Lobby for the removal of fluoride from your water supply. Avoid *all* fluoridated products, and urge suppliers to provide unfluoridated ones.

Join the Gerson  
Institute ...  
We Communicate  
Health!

### POWER NUTRITION SEMINARS OFFERED IN CARMEL, CA

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

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

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

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

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.