



# GERSON HEALING NEWSLETTER

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## Healing Modern Diseases with the Gerson Therapy

Chronic Fatigue, Candidiasis, Herpes, Lyme Disease,  
Salmonella, Legionnaire's Disease, AIDS

by Charlotte Gerson, President, The Gerson Institute

These days, we are hearing the names of many diseases that were totally unfamiliar or actually unknown some ten or twenty years ago. I refer to them as "modern diseases". Some, such as chronic fatigue syndrome (CFS), are also known as "Yuppy Diseases", after Young Upwardly-mobile Professionals, those most commonly affected. The victims of these diseases are most often middle-class whites, two thirds of them women.

### Chronic Fatigue Syndrome

The volume *Health Conditions*, p. 616, describes Chronic Fatigue Syndrome as "a mysterious infectious illness" that supposedly existed and was described in the past as "the vapors", and, after World War I, as "soldier's heart". Researchers have failed to find a single cause, but suspect it to be related to the Epstein-Barr virus infection, with candidiasis and herpes thrown in. It is almost certainly caused by infectious agents, whether one or more is relatively immaterial when we treat it with the Gerson Therapy.

Santa Monica, California, symptoms can include deep fatigue, joint pain or weakness, headache, memory loss, mental confusion, digestive problems, allergies and depression. These can also include anxiety, night sweats and even irregular heartbeat. A young man (age 28) seen at the CHIPSA hospital had all of these problems so severely that he had been bedfast for many months, unable to engage in any activity. The doctors accused him of laziness and/or psychiatric problems and put him into the psychiatric ward. The drugs administered there worsened his depression and he became suicidal. At the CHIPSA hospital, with the intensive Gerson Therapy and detoxification, he was up in a little more than a week, in great good spirits and dancing with his mother! In our *Gerson Healing Newsletter*, Vol. 9 No. 4, Nov./Dec. 1994, we described another chronic fatigue patient who recovered completely on the Gerson Therapy. He had suffered from almost all of the above described symptoms.

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According to Dr. Murray R. Susser of

## Modern Diseases ...

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The *Health Conditions* handbook further quotes Dr. Susser, saying that he firmly believes that CFS results from "several ongoing, simultaneous infections that weaken the immune system." In my opinion, it is probably the other way around: it is the weakened immune system (due to previous infections, antibiotic and other drug treatments, toxicity from foods and the environment) that allows various organisms to take up residence in the body. Once these have damaged the body, it is much easier for other opportunistic viruses or germs to add to the problem.

Dr. Susser also states that in CFS "we often get hidden, concomitant parasite, yeast and viral infections that are the result of a weakened immune system." Here is our cue that CFS is not a simple problem but a combination of immune deficiency diseases, including candida and possible parasites.

### Candidiasis

Candidiasis, a fungal invasion, has become extremely common. Candida is commonly found in many body areas, particularly in the gut and vagina. Candidiasis regularly develops in people who have undergone severe or long-term treatments with antibiotics. The mechanism is quite simple: since candida commonly inhabits the colon, it shares the available nutrients with friendly bacteria as well as other organisms. When patients are treated with antibiotics, these bacteria are killed off — but the yeast (Candida) survives and is now no longer deprived of nutrients by other organisms, it has the area and the nutrients to itself. It is important to note that patients who receive antibiotic treatments are already suffering from some infection and are therefore immune compromised. The weakened immune system is then subject to a massive invasion by candida that was unaffected by antibiotics and against which the body has no defenses.

Candida really becomes a problem when

it invades other tissues, particularly the nervous system. The drugs available for treatment, like all drugs, are often temporarily effective to control the candida — but they do not heal. On the contrary, all drugs are toxic and further damage and weaken the immune system. The result is that the candida recurs if and when the drugs have to be discontinued due to toxic liver damage.

**The victims of these diseases are most often middle-class whites, two thirds of them are women.**

Since cancer chemotherapy also severely damages the immune system, virtually all cancer patients who were treated with chemo also suffer from candidiasis. Furthermore, even those who have not been treated with cytotoxic (chemo) drugs suffer from a damaged immune system: they could not have cancer if their immune system were functioning fully. We can therefore assume that they, too, have a degree of candida infection.

### Herpes

## 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.

Herpes, or fever sores, have been around for a long time. Genital herpes, on the other hand, is a relatively new sexually transmitted disease (STD). Before the advent of AIDS, it was one of the more serious genitally transmitted diseases and caused much distress in young people. It, too, defies treatment. Herpes simplex is described as an acute viral infection; while genital herpes is known to be caused by Herpes Virus 2. This, too, is clearly an immune deficiency disease and has been overcome by the Gerson Therapy.

Another form of Herpes, Herpes Zoster or shingles, is also on the rise. Not only does it cause extreme pain which is difficult to control, but it generally does not go away. The severity of the attack will subside, but constant and recurring problems, including pain, may persist. There is no really effective treatment to overcome and cure this herpes infection except with the intensive Gerson Therapy.

### Lyme Disease

Lyme Disease was first observed and described in Lyme, Connecticut. It seems to be caused by an infectious agent, transmitted by a tick, and causes various problems, including in some cases arthritis, erythema (reddening of skin), Bell's palsy, brain and possible heart abnormalities. It has been improved by the administration of penicillin, however many cases persist and develop into

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### Gerson Healing Newsletter

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## Editor's Corner

by Howard Straus

We have been noticing some disturbing headlines in the conventional press in the past few months, and would like to comment on their implications.

- *Lancet*, the journal of the British Medical Association, reported that vegetarians not only live longer on the average than meat-eaters, they live healthier lives, being far less susceptible to cancer, cardiovascular disease and diabetes than their counterparts.

- Children of mothers who smoke during and after pregnancy, and particularly in the same room, have been found to have up to 25 times the incidence of SIDS (Sudden Infant Death Syndrome) as children whose mothers do not smoke.

- Last year, the *Gerson Healing Newsletter* carried a story linking children's hot dog and lunch meat consumption to a *tenfold* increase in the incidence of childhood Leukemia.

- Food-borne infections (salmonella, E. coli) have increased ten times in the Los Angeles area *in the past year!* These diseases are particularly dangerous to children and the elderly.

- The "War on Drugs" has failed to stem the torrent of illicit hard and soft drugs coming to market in the United States. More money for enforcement and imprisonment simply produces more prisoners, and only has the end result of impoverishing our schools and public works treasuries.

- The cancer industry in the United States alone has yearly revenues of over \$100 billion.

- The annual Federal deficit is very nearly the same size as our national Medicare bill, and the Medicare costs are rising rapidly and, it seems, out of control.

If the Federal Government (and we are really talking about ourselves when we speak of the government) truly wanted to reduce medical costs, it would seem an easy matter to look at, and modify those

factors that are known to cause disease in massive numbers, resulting in far lower incidence of disease, drug addiction, and crime. Each one percent drop in the cancer rate would cut a billion dollars from the annual medical bill for cancer. Even more would be saved on cardiovascular disease prevented and healed. Drug addiction and crime, also conditions of toxicity and deficiency, (*Diet, Crime and Delinquency, ...*) could be drastically reduced as well.

The problem is that each of the conditions above has its own very powerful constituency in government and industry, vested interests committed to keeping their revenue and power by maintaining and expanding their areas. (The average cardiologist made just under \$500,000.00 last year. Does a cardiologist want to see cardiovascular disease wiped out?) These groups learned the lesson of the March of Dimes well. When polio was all but wiped out in the United States by widespread use of the Salk Vaccine, so was the March of Dimes, to all intents and purposes, along with the gravy train for its executives, and well-oiled machinery of collection.

Nearly half of the money contributed to the American Cancer Society goes to support the lavish perks and junkets of its executives (they call it "fund raising expenses"). This is not one of the facts you see widely publicized. Do these executives *really* want to see "cancer wiped out in our lifetime"?

It is highly unlikely that either government or industry will side with us against the influences of big money and great political power. If we really want to reduce the Federal deficit in a meaningful way, an excellent place to start is in our own kitchens. Taking responsibility for our own health rather than trusting it to the establishment is a huge step, one that the vested interest groups are doing their best to prevent, often with our active participation and complicity. Do not trust physicians implicitly with your health. (Remember, your physician makes more money the sicker you are!) Make your own decisions, be your own doctor, keep yourself healthy. And spreading the word multiplies your effect many times.

## Gerson Institute Goes Online on the Internet

by Howard Straus

By now, we have all heard much about the "Information Superhighway," a network of computer systems hooked together by telephone and high-speed communications links around the world.

We are most pleased to announce that the Gerson Institute has placed a "home page" on the "World Wide Web" (WWW). For those of you who have graphical Web browsers, such as Mosaic and Netscape capability, there are photographs of patients, Dr. Gerson, Charlotte Gerson and CHIPSA. Otherwise, plain text will be sent to your machine, depending on its capability.

In concert with this move, we have also made ourselves more accessible to the many who only have access to electronic mail (e-mail) systems by getting an Internet address. This means that you can correspond directly and instantly with the Institute, any time of day or night. Naturally, we can only reply during business hours.

Our Mosaic/Netscape URL (address) is:  
<http://www.homepage.com/~jimb/gerson/gerson.html>

Our new e-mail address on the Internet (America Online) is:

**GersonInst@aol.com**

We currently have our information brochure, including 50 cured "incurables", some selected articles from past *Newsletters*, information on CHIPSA, costs and arrangements, and book and tape lists available to some 20 million computer systems around the world. We intend to update the information as it is warranted, and add selected *Newsletter* articles that we deem significant, on a bi-monthly basis. If you are a net-surfer, check us out!

The Internet is a medium not easily susceptible to being strangled at easily accessible chokepoints, like the commercial media with their vulnerable advertising revenue. It is a far more democratic medium, although it is not impossible that attempts could be made to silence that outlet. But for now, enjoy!

## Modern Diseases ...

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serious paralyses, nerve and brain disorders. We have seen only one patient who suffered from this problem. She was in a wheelchair, unable to move or control her limbs, was severely depressed and her condition was deteriorating. In only a few days on the Gerson Therapy her overall problems improved considerably. I have no follow-up in this case and am unable to report further progress.

### Salmonella

This is a topic that has to be treated separately, and is not really a "modern" disease. It has several forms ranging from mild to severe gastro-intestinal inflammation all the way to serious food poisoning. Other species of salmonella are the causative agents of paratyphoid and typhoid fever.

The reason salmonella must be included under "modern" infections is that in its food poisoning action, it is now killing an increasingly large number of people in the U.S. annually. The number of salmonella cases reported in Los Angeles last year, for instance, increased ten times (from just over 100, to just over 1,000) over the previous year.

The culprit, to a large extent, is the chicken industry. We talked about "The Case Against Chicken" in the *Gerson Healing Newsletter*, Vol. 9, No. 1, (May/June 1994), but this discussion did not include any of the many infectious agents found in chicken due to current automated, high-volume, profit-oriented processing. Surely many of our readers saw the article in *Time Magazine* (Oct. 17, 1994) titled "Something Smells Fowl", and describing the horrendous and unsanitary conditions found in today's chicken processing plants. Aside from salmonella, chicken are generally infected with *Camphylobacter*, *E. coli* or other micro-organisms, according to the *Time* article. "Each year at least 6.5 million and possibly as many as 80 million people get sick from chicken, and

some 1,000 people die, according to conservative estimates". Although cooking the meat properly will generally kill the infectious bacteria, any kitchen surface or implement that the infected meat touches can also become contaminated and potentially dangerous.

In discussing the damage done by consuming chicken, neither our own May/June issue, nor the *Time Magazine* article touched on the treatment of the animals while they are alive. The incubated eggs are injected before they hatch, since they would otherwise not even produce live chicks. Chickens are heavily treated with hormones and antibiotics to keep them alive — and they must generally be slaughtered at a very early age (for chickens) — or they

**"Each year at least 6.5 million and possibly as many as 80 million people get sick from chicken, and some 1,000 people die, according to conservative estimates" — *Time***

die of disease. Yet, with intensive advertising, the immense (7 billion chickens are slaughtered in the United States annually) and profitable chicken industry has convinced much of the American public that eating this septic, decaying, sick and chemical-laced meat is healthier and preferable to eating red meat because of its lower fat and cholesterol content. I am by no means advocating the consumption of red meat, pork or veal — none of which are the slightest bit healthful. I am instead pointing out that eating chicken is not a reasonable choice for a person wishing to maintain good health.

The above material is presented to give the reader background information on the increasing dangers of "modern" sources of infection. But, in my opinion, all these modern diseases are really only symptoms of the seriously decreased resistance and damaged

immune systems of our current population. In all these cases, infections are involved, and in many of them (Chronic Fatigue Syndrome, Candidiasis, Genital Herpes, Lyme Disease), there is no cure by drugs or other orthodox methods. Yet the Gerson Therapy has been shown to help people overcome these diseases. This shows that the Gerson Therapy strengthens and restores the immune system and thus helps the body to overcome these "incurable" ailments.

### Legionnaires' Disease

Among "modern diseases," Legionnaire's Disease should also be mentioned, especially in connection with impaired immune systems. This "mysterious new disease" was first described in a number of cases which afflicted members of the American Legion who were attending a convention in Philadelphia in 1976. The disease is a serious type of pneumonia, yet is often carried without producing disease. According to the text *Current Medical Diagnosis*, Legionnaires' Disease is caused by an opportunistic germ (meaning that it attacks weakened or defenseless persons) and generally affects the elderly, smokers and people on dialysis or who have been given organ transplants. The latter, of course, must be treated with immune suppressant agents or their bodies would reject the transplants. In other words, their immune systems are severely and *intentionally* depressed, and they become susceptible to opportunistic infections.

### AIDS

No discussion of "modern diseases" would be complete without mentioning Acquired Immune Deficiency Syndrome, or AIDS. This, as the name indicates, is the ultimate failure of the immune system. It stands to reason, then, that since the Gerson Therapy restores the immune system, it could well overcome this problem, too. At present, it is difficult for me to claim that the Gerson Therapy will cure AIDS. Due to restrictions imposed by the Mexican health authorities, we are not allowed to accept AIDS patients. As

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**Modern Diseases ...***(Continued from page 4)*

a result, we have not been able to follow AIDS patients to observe results. We have seen good recoveries in two cases of patients who were treated for HIV infections on an out-patient basis. I feel uncomfortable making any curative claims for the Gerson Therapy on the basis of such a small sample. Yet, one cannot help but assume that, with the improved immune response produced by the Gerson Therapy as with so many other diseases, AIDS should respond very well.

Dr. Gerson was aware very early in his career that his Therapy was able to improve and restore the immune system — since he was able to cure tuberculosis of all types well before the advent of antibiotics. I even remember a case of infantile paralysis in New York that was reversed almost immediately with the Gerson Therapy. Obviously the immune system plays an extremely important role in the treatment of cancer. The restored immune response is largely credited with helping the body break down and dissolve tumor tissue. Conversely, since all the above diseases are on the rise, we also have to understand that, due to modern agricultural methods, food processing methods, damage to our bodies with toxins, drugs, alcohol, tobacco, with medical drug treatments, etc., our immune systems are more and more seriously damaged or paralyzed. In order to heal — anything — we have to work to restore the whole body, and with it, the immune system. And since the Gerson Therapy does just that, it has been able to heal both 'ancient' and 'modern' diseases.

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

## Summer Apple Alert

### Organize your juicing apple supply now ... apples become scarce in late summer.

By Charlotte Gerson

*Because of the importance of apples in the Gerson Therapy, we reprint the following article from the Gerson Healing Newsletter, Vol. 9, No. 1.*

The season is fast approaching when apples become hard to find. While we recommend various green apples for juices, such as Pippins, Greenings, Granny Smiths, Macintosh, etc., it becomes almost impossible at this time of year to find organic ones. During late June and July, you will be lucky to find organic red delicious apples - so there is really no choice, you'll just have to use them. Soon, even these become difficult to find, but you urgently need

apples.

We have suggested in the past that you find a good supplier of organic apples. Buy and pay for some 10 - 12 cases, then ask your supplier to keep them for you in his refrigerated warehouse until you call for them. It is also wise to have a few boxes left over for late July and early August when the new crop comes in. These apples are often still somewhat green and unripe. If you have a few of the sweet red delicious apples left from the old crop, you can mix these two varieties and have juice that will not be too sour, nor upset your intestinal tract.

## Miscellany

Here is an item on nutrition found in the March 1995 issue of *Acres, USA*:

### VEGGIES HELP EYES

"Macular Degeneration, a disease of the eyes which attacks the center of the retina, strikes 1 in 20 persons age 70 and older. A new study reported in the *Journal of the American Medical Association*, however, offers some good news."

"According to Johanna Seddon, lead researcher of the study and a surgeon at the Massachusetts Eye and Ear Infirmary in Boston, eating one-half cup or more a week of dark green, leafy vegetables containing carotenoids—such as spinach and collard greens—can lower your risk of developing macular degeneration by as much as 43%. There is evidence that sweet potatoes, cabbage, cauliflower, Brussels sprouts and squash may also help."

"Interestingly, the study suggests that supplements of vitamin A, C, E and

retinal, a form of vitamin A, do not decrease the risk of this particular disease." (Vitamin pill poppers: take note!)

"Dr. Seddon adds: It's about time researchers started looking at preventive measures for eye disease like they do for cancer and heart disease... We need to pay more attention to healthy habits like diet."

## Correction

In the last *Newsletter*, we published a letter from a former patient, Joan Cleary, written to *USA Weekend* in response to their solicitation. Joan contacted me to ask that we publish a correction: in her letter, she had written that her doctor had done a radical mastectomy at the Intercommunity Medical Center in Covina, California. Her letter should have read that this surgery was performed at the San Demos Community Hospital in Covina.

## "Number One Doctor-Recommended Source for Complete Balanced Nutrition"

by Charlotte Gerson

Many people will recognize the above slogan from the advertisement for a supposed food supplement, ENSURE. This material is also used to feed patients who are unable to eat, also in intravenous form. There is even a pediatric formula of ENSURE available to feed babies and children who are unable to eat.

Our readers are well educated in true nutrition, rich in live, active minerals, enzymes and vitamins, obtained from fresh, organically grown produce. In order to give you an idea of what this "Complete Balanced Nutrition" consists of, we reproduce below the complete list of ingredients. Remember that ingredients must be listed in descending order of the amounts used, in other words, the ingredient comprising the largest percentage of the product by weight must be listed first. Note that right after water, two kinds of sugars are named. This trick has long been used by cereal companies, for instance, to list the ingredients in dry cereal. Since these products are so high in sugar, it would have to be shown as ingredient No. 1. However, if different types of sugar are named, such as sugar, sucrose, corn syrup — these are "different" ingredients and can be listed separately, thereby hiding the fact that sugar is the primary ingredient. The third ingredient is fat, and the fourth, a sodium compound. Please note the various sodium and sulfur compounds. Then decide how healthy this all-artificial chemical "Nutrition" may be.

**INGREDIENTS:** U-D Water, corn syrup, sucrose, corn oil, sodium and calcium caseinates, soy protein isolate, potassium citrate, magnesium chloride, soy lecithin, calcium phosphate tribasic, sodium citrate, natural and artificial flavor, potassium chloride, carrageenan, ascorbic acid, choline chloride, zinc sulfate, ferrous sulfate, alpha-tocopheryl

## Truthful Deceit Industry and Medicine Try to Fool Us ... Again

by Charlotte Gerson

On March 21, 1995, KNX, a CBS radio affiliate in Los Angeles, aired an interesting news report. They reported that a "new, fat-reduced" peanut butter will be available — suggesting that this will be healthier for you if you wish to reduce your fat intake. The report went on to state that this new product will "only" contain 10 grams of fat per ounce. The problem is that it was not made clear in the broadcast, nor is it generally known, that an ounce contains only 28 grams! In other words, this new, fat reduced peanut butter still contains more than 1/3 (35.7%) fat! This is just an illustration of the common practice of food manufacturers using the general ignorance and confusion of the public concerning the conversion between English and metric weights and measures to avoid telling us unpleasant, dangerous truths.

### "Chemoprevention"

Another item that is not new but has just surfaced again is the following: I received a flier advertising a new "Comprehensive Reference Book on a Floppy Disk" discussing "Chemoprevention and Therapy for Cancer".

The word *chemoprevention* was cleverly coined to imply that the only way to prevent and treat cancer is by chemo-

something. Even though some of the prevention discussed covers nutrients, foods, and vitamins, this, too is referred to as "chemoprevention". Even the proximity of the word fragments "chemo" and "therapy" in close context with nutrition seem to give chemotherapy a natural and beneficial aspect.

There is another, more sinister aspect to "chemoprevention". One particular drug that has been used fairly extensively in the treatment of female sex-related cancers (breast, ovarian) is Tamoxifen. Tamoxifen is a hormone blocker, and is supposed to suppress the hormone stimulation of certain so-called hormone-receptor malignancies. The trouble is, and this is carefully suppressed information, that Tamoxifen is *extremely* liver toxic, and a powerful carcinogen. The drug-oriented medical establishment has nevertheless embarked on a new tack: if Tamoxifen is a female sex hormone blocker, it could perhaps be used as a preventive drug for women who have a genetic predisposition to breast or ovarian cancers. To study this effect, a large scale test has been proposed, involving thousands of women, who will be given Tamoxifen as "chemoprevention". Of course, they are not being told that Tamoxifen is a dangerous carcinogen.

acetate, niacinamide, calcium pantothenate, manganese sulfate, thiamine chloride hydrochloride, cupric sulfate, pyridoxine hydrochloride, riboflavin, vitamin A palmitate, folic acid, biotin, sodium molybdate, chromium chloride, potassium iodide, sodium selenite, phylloquinone, cyanocobalamin and Vitamin D-3.

If this list of nutrients, some of which, like cupric sulfate, are actually toxic, is considered by physicians to be the

"number one source of complete and balanced nutrition", is it any wonder that the average physician's lifespan is 58 years, compared to 74 years for the rest of the population? It is a sad commentary on our culture that the professionals to whom we regularly and uncritically entrust our lives and our health actually die, on the average, some 16 years earlier than the rest of us. It would be healthy for you to consider this information when taking a physician's advice regarding nutrition.

## On the Convention Circuit

### The Importance of a Companion and a Variety of Menus to Recovery; Melanoma during Pregnancy; Melanoma in the Liver

by Charlotte Gerson

During our visit to Houston, Texas recently, we had the great pleasure to see several recovered patients, active, in good health, and helping others with the Gerson Therapy. But we also had one disappointing experience with serious consequences, from which we need to learn.

One lady told us that her father had been a patient at CHIPSA some two years ago, suffering from lung cancer. He did not have a companion, but went home after the usual stay. He continued to do well for about 14 months. He was free of pain, had new energy, was active and refreshed. However, there was a serious problem: his caregiver was not properly trained in food preparation. Daily, noon and evening, he was served the same meals. Various mixed vegetables were thrown together into a casserole and cooked in the oven — always tasting the same. After 14 months, the patient simply couldn't stand the same food, day after day, any longer and decided to discontinue the Therapy — even though he was aware that it meant probably losing his life. In fact, that is exactly what happened. After a relatively short time off the Gerson Therapy and back on ordinary food, he worsened, his cancer returned, and he was weak and in pain again. When we were in Houston, he was decidedly failing.

Dr. Gerson specifically pointed out in his book, *A Cancer Therapy: Results of 50 Cases*, that it is vitally important to learn to prepare the vegetables of the Gerson Therapy so that they present a varied and tasty meal. Patients tend to have poor appetite in the early months of the Therapy, and must be encouraged

with attractive foods. To this end, we have done as much as we can by producing the *Food Preparation Videotape*, showing different methods of preparing single vegetables. We feel that it is a mistake to mix several vegetables together — then there is no new taste for the next meal because the variety is exhausted. We have also prepared a cookbook (sold separately or as a section of the *Gerson Primer*) to help people to vary recipes after they have mastered the basics from the *Food Preparation videotape*.

**"It is vitally important to prepare the vegetables of the Gerson Therapy so that they present a varied and tasty meal." — Max Gerson**

If a patient is unable to have a companion at the hospital CHIPSA to learn and understand good food preparation, he really has to go home with all the above instructive materials to avoid a problem such as this patient experienced.

The Gerson Institute has prepared a complete package of instructional materials for patients doing the Gerson Therapy on their own, or for those wishing to train a companion or caregiver who was unable to come to CHIPSA during the patient's stay. This package contains *The Gerson Therapy Primer* (including the *Cookbook*), the

*videotape How to do the Gerson Therapy on Your Own*, the *Food Preparation videotape*, and a wealth of other useful information necessary for success on the Gerson Therapy. Call the Institute for more information regarding this package.

In *The Gerson Healing Newsletter*, Vol. 10 No. 2, March/April 1995, we discussed the specific problem that pregnancies occasionally cause the onset of cancer. In the course of our recent visit in Tucson, AZ, a lady spoke up from the audience and told of her experience with just such a situation. Robyn Martinez Thompson, during her first pregnancy 18 years ago, developed a melanoma in her face, on her right cheek. It was surgically removed, and when it was found to be melanoma, she had a wide excision. At that time, she was told that it was Stage 4, but didn't understand the meaning of this diagnosis. She had no further treatment, and delivered a healthy baby. Nine months later, she became pregnant again and complained to her doctor that the area of the earlier deep excision was "active" and bothering her. But she was told that it was only "scar tissue", and nothing further was done since this was also late in her pregnancy.

Twelve months later, she was pregnant for the third time. Now she had pain in the surgical excision area. After a new biopsy, she was told that the melanoma was in her lymph nodes. She was told that she had less than two months to live, and that her baby would also die. Her oncologist told her that he had to do some tests, but that these

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## Convention Circuit ...

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would seriously damage the baby. In fact, the test showed the spreading melanoma, but she also had an abortion, since the doctors told her that her baby was severely damaged. She had a new melanoma on the face surgery site and was again told that she would have to have a facial dissection. Just before this surgery was scheduled, a friend called her and told her about her own recovery from breast cancer on the Gerson Therapy, and her visit to the Gerson Hospital (La Gloria, at that time). Robyn told the doctor that she didn't want the surgery — and he said that she was committing suicide. But Robyn, too, went to La Gloria to start the Gerson Therapy there. About a year and a half into the treatment, she felt great but some nodules were found. The doctor told her the nodules were still malignant and insisted on doing a facial surgery. She refused. It later turned out that her lymph nodes were not malignant.

At that point, she was shown to a group of 60 doctors, including her original oncologist. He couldn't believe what he was seeing, and said that she had looked quite ill when he last saw her.

When I saw Robyn in Tucson on March 24th, 1995, she looked exceptionally young, rosy and well, now some 13 years after she started the Gerson Therapy with "only two months to live". Meantime, of course, she was able to raise her children and lead a normal life.

I asked her if she would be willing to give her phone number to people who need help and encouragement by talking to a former Gerson patient. She said that she would, especially in view of the fact that her friend, who had been healed of breast cancer on the Gerson Therapy, saved her life by talking to her.

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## Patient's Family Grateful

by Charlotte Gerson

We are extremely happy and grateful to be able to help so many patients who come to CHIPSA, often in hopeless or terminal condition. Of course, even if patients arrive extremely ill, we do everything possible to try to reverse the disease. But, admittedly, we are not always able to achieve healing.

When the body is not restorable, when the damage is too severe, we are still able to help patients in a different way. The following letter, reproduced exactly, gives a beautiful and touching picture of this kind of help:

Dear Charlotte, Dr. Nick, Dr. Ron, and all other doctors at CHIPSA,

I wanted to let you know that on Sunday, 2/24/95, Neva lost her battle with cancer. She died very peacefully and painlessly in my arms at 8:00 P.M. with over 25 of her closest friends and relatives by her side. She only used 54 mg of morphine from the time we got home till the Angels came to get her. She looked Mother in the eyes and said, "Good-bye Mother, I have to go now" and then gently went to sleep.

Charlotte, I wanted to personally thank you and all the wonderful doctors at CHIPSA for all you did to try to save her. I truly feel that had we known about the recurrence of the cancer even 2 weeks earlier you could have saved her, but by the time we got her to you her liver was just too far gone to turn it around.

Mercifully, God spared her of the

horrible pain because you all got her sodium levels down, her potassium levels up and the toxin levels low enough in her body so that only a little bit of morphine was required to keep her absolutely free of pain all the way to the end. Thank God for you, Charlotte Gerson! Pain was the only fear of death that Neva had and because of what you did down there she had no pain that we could not easily and instantly alleviate.

We love and appreciate you all so much Charlotte and I wanted all the doctors involved to know that too. You all did everything possible to make my dear sister's last days on this earth so easy and so bearable and I thank you so much.

I think God himself sent us to you for the compassion and knowledge we have gained. My whole family is now beginning to eat properly and I feel stronger every day. I have never been to any hospital in my life where I was treated with more love and tender loving care. Your kindness is absolutely extraordinary and I will never forget you all as long as I live. In fact, I never plan to refer any of my patients to any hospital in America; only to the Gerson Institute. There is just no other safe place to go for proper medical care.

May God bless each and every one of you.

Sincerely and with love always,

(s) Dr. Grady M. Clark, Jr. and Family

The other lady who testified before the group on March 24th was Sue Jessup. Her story, besides illustrating that even the most severe, advanced cases of melanoma in the liver can recover, also shows a point I have often made. If young people (she was 35 at her first occurrence) develop cancer, particularly melanoma and lymphoma, one can usually assume that they have had other health problems which caused them to take doctor-prescribed medicines. Sue

fits this picture completely.

Some 15 years before she noticed a mole on her ankle changing shape and color, she had suffered from severe ocular migraine headaches — the kind that leaves you blind for a little while. The doctor prescribed Fiorinal and codeine at those times, and she took these drugs for 15 years. Also, between 1982 and 1988, Sue believed she was suffering from ulcers and took the

*(Continued on page 9)*



## Convention Circuit ...

(Continued from page 8)

drug Zantac. She had other digestive problems: she see-sawed between constipation and colitis. When, later, she was taking coffee enemas, her doctor told her that she would never be able to eliminate normally again. As it turned out, she never had stomach ulcers.

I'd like to make a comment here: Sue had terminal melanoma in her liver, and the doctor could suggest nothing to help her. Yet, he objected to coffee enemas on the grounds that she would never eliminate normally again. This is totally senseless, since he admitted she was dying! Even if he were right — and over the years of giving tens of thousands of coffee enemas to thousands of patients, we have never seen it happen — would it not be wiser to take enemas and live than to just lie down and die because of the unlikely possibility that you *might* get addicted to enemas? Doesn't it also seem hypocritical for a physician to balk at giving a dying patient medication that might be addictive, when physicians regularly give morphine to terminal cancer patients?)

In September of 1982, Sue noticed that on a spot on her ankle where she previously had a wart frozen off, a mole was growing. It doubled in 3 weeks. When she saw a doctor, he immediately undertook a wide excision (4" across and 2" deep) covered with a skin graft. Just four months earlier, she had undergone a hysterectomy for endometriosis. On finding the mole on her ankle to be melanoma, the surgeon suggested stripping the glands in her groin. Sue refused. Years later, she found out that stripping lymph nodes weakens the body's defenses.

Four years later, in 1986, she noted an enlarged lymph node in her groin, which she also had surgically removed. Another six months later, a CAT scan showed melanoma spreading to the liver.

By April of 1987, she was so weak and ill that she was unable to travel to the CHIPSA hospital, and started the Gerson Therapy at home. At first, she needed help to walk to the bathroom to wash, etc. In six months, she was able to make some of her

## Your FDA at Work The Police State Comes Calling

by Charlotte Gerson

On Feb. 21, 1995, at 8 AM, Kenneth Stuart was taking a shower, when the doorbell rang. He opened expecting to see the baby-sitter who had been called. Instead, two large, imposing figures: an armed U.S. Marshal and an FDA Enforcement Agent were at the door. They told him that the FDA had seized the KH3 he had ordered from Europe. (This is a widely distributed, procaine based drug, sold over the counter in most countries around the world. It is an effective antidepressant and detoxifier, but not "approved" by the FDA.) The marshal and FDA agent explained to Kenneth that ordering this "unapproved" drug was a serious matter. Then the marshal asked him to sign a paper, which started with the words "You have the right to remain silent..." implying that he was being

arrested for a crime.

This visit was specifically designed to intimidate and terrify Kenneth - which it did. The agents further told him that if he ever ordered another unapproved drug, he would be arrested, jailed and prosecuted to the hilt! (They did not tell him under what law he would be prosecuted.)

### Dr. Burzinski Raided

In the May/June 1994 Newsletter (Vol. 9 No. 1), we published a report about Dr. Stanislaw Burzinski. At the time, a judge in Texas handed down a decision allowing Burzinski to treat cancer and AIDS patients legally in Texas with drugs not "approved" by the FDA, despite a state law that prohibits distribution of "non-approved" drugs.

On Friday, March 24th, just hours after his television appearance on "CBS This Morning" in Houston, Texas, federal agents raided Dr. Burzinski's Houston office, as reported in the Houston Chronicle of Tuesday, March 28th. The Chronicle further reported that these agents staged a five-hour raid, in the course of which they carted away patient records and other files from Dr. Burzinski's office. Dr. Burzinski's lawyer stated that he didn't know why the investigators searched Dr. Burzinski's clinic and that the affidavits accompanying the search warrant remained sealed under court order.

On his television appearance on Friday, he discussed his treatment, which is "controversial". Three cancer survivors appeared with him. Dr. Burzinski planned to return to the television news and talk show Tuesday, March 28th, to discuss Friday's incident.

In a previous issue of the *Gerson*

(Continued on page 10)

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

juices. Another two months later, she was going up and down stairs to do her laundry in the basement. After one year, she felt fairly normal.

Here is another case of melanoma spread to the liver, now surviving eight years on the Gerson Therapy, but not assessable for the Outcomes Study because she did not have a biopsy done on her liver to prove melanoma. Her doctor, however, told her that he was 99.9% certain that was the problem, judging from her CAT scan.

Sue is willing to help others by answering telephone inquiries regarding her recovery. Her telephone number is: (520) 825-9767.

# Farm Verified Organic Certifications

As of February 15, 1995

reprinted from *Farm Verified Organic, Inc. Newsletter*, Winter, 1995

- |   |   |   |
|---|---|---|
| <b>AMARANTH RESOURCES</b><br>Alberta Lea, MN        | <b>EUROAMERICANA</b><br>Hayward, CA                 | <b>MITTLEIDER MELONS</b><br>Tappen, ND                    |
| <b>AMERICAN HEALTH NUTRITION</b><br>Ann Arbor, MI   | <b>JOYCE EVANS</b><br>Caruthers, CA                 | <b>NORTHERN PLAINS COOP</b><br>Bismarck, ND               |
| <b>ANDY HEINZE FARM</b><br>Dazcy, ND                | <b>FRUTA TROPICAL DE MEXICO</b><br>San Blas, Mexico | <b>OLD HOMESTEAD FARMS</b><br>Hutchinson, MN              |
| <b>AQUIFER SPRINGS FISH FARM</b><br>Bel Alton, MD   | <b>GLOBAL ORGANICS, LTD.</b><br>Cambridge, MA       | <b>OMEGA NUTRITION, USA, INC.</b><br>Bellingham, WA       |
| <b>ARROWHEAD MILLS, INC.</b><br>Hereford, TX        | <b>HARBOR HOUSE</b><br>Clearlake Oaks, CA           | <b>ORGANIC KAUL FARMS</b><br>Harvey, ND                   |
| <b>BAUGHER FARM PRODUCE</b><br>Artois, CA           | <b>HUGH'S GARDENS</b><br>Buxton, ND                 | <b>PERHUSA</b><br>Lima, Peru                              |
| <b>BERT'S PLACE</b><br>Astoria, SD                  | <b>J. D. ANDREAS AND SONS</b><br>Delano, CA         | <b>PLEASANT VIEW EGG FARM</b><br>Winfield, PA             |
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| <b>CAPAY CANYON RANCH</b><br>Esparto, CA            | <b>JAY LIEBELT FARMS</b><br>Sawyer, MD              | <b>PYRAMID POWER DIST.</b><br>Clearwater, FL              |
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| <b>CERTIFIED PURE INGREDIENTS</b><br>Sewickley, PA  | <b>JOHNSON FARMS</b><br>Alamo, ND                   | <b>ROMAN MEAL MILLING CO.</b><br>Fargo, ND                |
| <b>COMMUNITY MILL AND BEAN</b><br>Savannah, NY      | <b>JUDY AND JOEL'S KITCHEN</b><br>Brooklyn, NY      | <b>SENAS, S. A.</b><br>Lima, Peru                         |
| <b>CULTURAL SURVIVAL</b><br>Cambridge, MA           | <b>KELLY O'NEILL FARM</b><br>Madera, CA             | <b>SKYLINE RANCH</b><br>Hensler, ND                       |
| <b>D &amp; D LIVING TRUST</b><br>Noonan, ND         | <b>MAKOCE GARDEN</b><br>Kyle, SD                    | <b>SOWDEN BROTHERS</b><br>Live Oak, CA                    |
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|   |   | <b>DONALD VIG</b><br>Valley City, ND                      |
|   |   | <b>LEO WEBER</b><br>Fresno, CA                            |
|   |   | <b>WESTFIELD EGG FARMS</b><br>Newtown, PA                 |

## FDA Raids ...

(Continued from page 9)

*Healing Newsletter*, (Vol. 10, No. 2) we published information about the DECLARATION OF HELSINKI, which was signed by the U.S. and Canada, and gives doctors (not to speak of the public) certain medical rights. These rights are clearly being trampled on by the FDA, and their Commissioner, Dr. David Kessler, in blatant violation of

international treaty, law and their own published guidelines. These acts should serve notice on everybody that we must take action to stop the abrogation of our freedoms and the use of the FDA as an instrument of a repressive police state. The FDA is protecting the drug companies who produce expensive, toxic drugs by denying our citizens access to non-toxic, less expensive and more effective alternatives.

Write to your senators and your representatives; call, fight for your rights and freedoms. If you would like more detailed information, call "The Life Extension Foundation" who published the above, and ask for further direction on what action to take. Call John C. Hammell, at 1-800-333-2553. If we don't stop the increasingly powerful and corrupt FDA monster, it will permanently crush our freedoms.

# Melanoma Outcomes Study Summary

by Charlotte Gerson

A number of months ago we promised to give you some details on the Melanoma Outcomes Study. We also had to tell you that, since the study was not going to be published as originally promised, we could not jump the publication by reporting in detail on the study.

The Gerson Research Organization has now informed us that the melanoma retrospective has been accepted for publication later this summer in a new, peer reviewed journal, *Alternative Therapies in Health and Medicine*. We can give you a tiny preview. (See Table inset)

Stage IVB, when the melanoma has spread to internal organs, could not be

assessed, and, as a result, it will show in the final report as having no recoveries. Nevertheless, we run across many patients who had internal and liver metastases, but were not re-biopsied and could therefore not be reported as recovered. We discuss one such case, Sue Jessup, in this issue of the *Newsletter*.

| Melanoma        | Conventional Treatment | Gerson Therapy | Gerson Therapy + Surgery |
|-----------------|------------------------|----------------|--------------------------|
| Stages I and II | 79%                    | 100%           | Not assessed             |
| Stage III       | 39%                    | 74%            | 85%                      |
| Stage IVA       | 6%                     | 43%            | 64%                      |

Comparison of 5-years survival rates for melanoma patients treated with Gerson's diet Therapy vs. conventional treatments.

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

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