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Beata Bishop - Visit with a Cured 'Incurable'

by Charlotte Gerson, President, The Gerson Institute/Cancer Curing Society

At the beginning of July, we had the immense pleasure of a visit by Beata Bishop. Many of our members and *Healing Newsletter* readers will recognize her name. She has been on our list of "cured incurables" for quite a long time — and for good reason.

Beata lives in London and has been a writer for the BBC (British Broadcasting Company) for many years.

In December of 1979, she discovered a growing brown/black spot on the shin of her right leg. A dermatologist urged her to see a surgeon, who discovered that the spot was melanoma. (Clark's level 4) The surgeon performed a "deep excision". In her book, *A Time to Heal*, Beata describes the pain and misery of a skin graft following the excision. Nonetheless, as in most melanomas, just one year later the surgeon discovered a new lymph node in her groin. This was now a recurring melanoma, Stage IV, and deadly. He told her that she could expect perhaps six weeks to six months survival. At that time, a friend suggested alternative therapies. Beata discovered my daughter, Peggy Straus, who was then living in London. Beata learned about the Gerson Therapy and from there, it was only a

short hop to come to the Mexican hospital to start the treatment. She arrived in January, 1981. Beata describes her adventures in her book — including how she overcame smoking, how the Gerson Therapy cleared her arthritis and diabetes, and of course, how she recovered her health. By now, the six months survival her surgeon predicted have stretched to over 14 years.

There is an important lesson which we need to learn from Beata's story. Some two years after she started the Gerson Therapy, she was able, with her Gerson doctor's approval, to ease up on the Therapy. Some months later, to her horror, the lymph node in her groin, which had never completely disappeared, once more started to grow! In a panic, she came back to Mexico. We discovered that the problem was with her teeth. She had been carefully visiting her dentist in England, and he kept her teeth in good condition. Her dentist suggested full mouth X-rays to make sure the roots were healthy. She was so worried about X-rays that she refused. But when she returned to

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Visit with Beata ...

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Mexico, the Gerson doctors insisted on checking her teeth. Sure enough: she had four abscessed roots, pouring toxic materials into her system. As soon as she "eased up" on the Therapy, the ability of her body to detoxify was no longer adequate to handle these deep-seated infections — and the tumor started to grow. The teeth had to come out, the

1995, just before her present trip to CHIPSA and the Gerson Institute in Bonita, she spent a few weeks in Hungary where she spoke to and met with some former Gerson patients. She brought back a number of recovered patient stories. The most exciting and dramatic one was that of Tamas Istenes. He was eight years old when he was brought to CHIPSA, in June, 1993. In March, 1992, he was diagnosed with Ewing's Sarcoma (a diffuse endothelioma or endothelial

He had been treated with chemotherapy prior to coming to Mexico, but his cancer had spread from his pelvis into the soft tissues. He was pale and thin, and had lost his hair. He was surprisingly well disciplined and willing to eat the unsalted, vegetarian foods and drink the fresh juices.

On her recent trip to Hungary, Beata was able to visit with the Istenes family. She brought back two pictures of Tamas: one made at the time of his visit to



Tamas Istenes with Charlotte Gerson, on his arrival in Mexico, June, 1993



Tamas at home in Hungary two years later, in May, 1995

abscesses cleared; the lymph node was surgically removed — and she remains well.

We learned to make sure that our patients are not burdened with the toxins of abscessed teeth in addition to all their other problems. Actually, while we are very much aware of the damage of radiation exposure, an occasional dental X-ray is quite harmless, along with an occasional chest or other diagnostic X-ray. It takes some 20-30 diagnostic X-rays to equal just one radiation treatment!

Beata's story continues

Beata is a native of Hungary, and after her book was translated into Hungarian, she was in great demand as a speaker in Hungary. She travels there twice a year and lectures to medical staffs on the Gerson Therapy along with emotional healing. As a result, we have seen a number of Hungarian patients at CHIPSA. During the month of May,

myeloma forming tumors on long bones, for which *Medical Diagnosis and Treatment* claims "very poor prognosis")

CHIPSA - bald, thin and sickly looking. The other one, a strong healthy looking kid, now ten years old, after two years on the Gerson Therapy. His dramatic recovery is underscored by another fact: He was one of a group of seven children

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Publication Schedule

The *Gerson Healing Newsletter* is published bi-monthly by the Gerson Institute/Cancer Curing Society. It is our membership organ, and is intended to keep our 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.

Members receive the *Gerson Healing Newsletter* six times a year. You can become a member of the Gerson Institute/Cancer Curing Society simply by making a tax-deductible contribution of \$25.00 or more (foreign memberships \$30.00) to The Gerson Institute.

Gerson Healing Newsletter

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Editor's Corner

by Howard Straus

As I write this, one of the major heroes of my youth lies, fighting for his life. Baseball great Mickey Mantle, the big, handsome Yankee slugger who made news in the 1950s for his awesome home run hitting with the New York team, apparently spent his retirement years trying to drink the state of Texas completely dry. Along the way, he pickled his liver to the point where he not only got hepatitis, but, eventually, liver cancer. "If I knew I was going to last this long," the 63-year old slugger confided to a packed press conference, "I would have taken better care of myself."

Since conventional medical practice has no answer to liver cancer, Mantle's physicians decided to try a liver transplant. A suitable liver was found and transplanted. Then the real trouble began. In order to keep the body from rejecting the new liver, Mantle was given immune system suppressors. For a cancer patient, whose damaged immune system is one of the causes of the disease, this amounts to throwing gasoline on a fire. Within two months, new spots were discovered in his lungs. "If we knew the cancer had spread to his lungs," the physicians said, "we would not have given him the transplant." In a few more days, the cancer had spread to his stomach. Today, his physicians said he was in "big trouble," and gave him no more than 18 months to live. At the rate the cancer seems to be spreading, weeks or even days would seem more likely.

There are some valuable lessons in "the Mick's" tragedy. Take good care of yourself; you never know how long you are going to live. The liver is the seat of the immune system; killing it with alcohol places one's health and survival in deep peril. Cancer of any kind is not going to be cured by transplants requiring the suppression of the immune system.

In the final analysis, prevention is always the easiest, most comfortable, most rewarding and least expensive road to good health.

Gerson Resources

by Howard Straus

From time to time, we receive information that can help Gerson patients to obtain the sometimes difficult to find substances and equipment they need. The Gerson Institute presents this information as it is received, and does not vouch for its accuracy or completeness, nor does it endorse any manufacturer or dealer.

Organic Coffee

Harbor House Coffee Co., a distributor of certified organic coffee, has made special arrangements so that Gerson patients can obtain organic coffee at \$5.25 per pound. They can be reached at: Harbor House Coffee Co., P.O. Box 1879, Clearlake Oaks, CA 95423. You can call them at 1-800-541-4699. To obtain the special price when ordering, mention that you are a Gerson Patient.

Organic Flax Oil

Used as part of the Gerson Therapy. Available from Omega Nutrition, 6505 Aldrich Rd, Bellingham, WA 98226, phone 800-661-3529. You must state you are a Gerson patient to receive the discounted price of \$51.00/case (for US customers) of twelve 12.75 oz. bottles (\$4.25 each, includes shipping). You may request second day air for additional cost. Never cook, bake or fry with this oil. Will keep unopened in freezer up to six months, and in refrigerator three months. After opening, keep in refrigerator no longer than three weeks. Mention you are a Gerson patient.

Water Purification Products

Water plus carries a complete line of countertop distillers, reverse osmosis units and whole house chlorine removal equipment. They have the capability to custom design purification systems on any type of application. Complete water analysis available. Ships UPS worldwide.

Call or write for further information. Water Plus, Post Office Box 1915, Bonita, CA 91908, (619) 656 5675; E-mail 102136,75@Compuserve.com. Mention you are a Gerson patient.

Chlorine Shower Filters

Protects your family from the harsh toxic effects of chlorine in your water. Effectively removes 90% or more of free chlorine in shower water. Protect the environment with water and energy conserving shower heads. Easy to install. Several styles to choose from. KDF-55 is certified and listed under NSF Standard 61 for health effects. Water Plus, Post Office Box 1915, Bonita, CA 91908, (619) 656 5675; E-mail 102136,75@Compuserve.com. Mention that you are a Gerson Patient.

Organic, Unsalted Bread

Rudolph's Specialty Bakeries, Inc., 200 Rittenhouse Circle, Bristol, PA 19007 distributes organically grown, salt-free 100% rye bread, baked in Canada. This bread is acceptable for Gerson Therapy patients. If your health food store does not carry this product, they can order it from Rudolph's.

Full Spectrum Lights, Distillers

The new Cutting Edge catalog from Befit Enterprises is about to be published. Jules Klapper tells me it will include many new items, from full-spectrum fluorescent light bulbs and innovative water distillers and air filters to swimming pool filtration systems and shields for your computer terminal screen, to protect you from the potentially damaging electromagnetic radiation emitted by the CRT. You can order the catalog from Befit Enterprises, Ltd., P. O. Box 5034, Southampton, NY 11969. Their toll-free telephone number is (800) 497 9516, Fax at (516) 287 3112. In the New York Metro area, call (516) 287 3813.

Visit with Beata ...

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who were all being treated with chemotherapy at the same time for their Ewing's Sarcoma in the same hospital. The six others, without Gerson Therapy, are all dead. Tamas is alive and well. His mother says that he has excellent appetite and is active and growing normally.

Malignant melanoma

Beata brought several other patient histories from Hungary most of them recovered, many of them of melanoma.

One of these cases is **Erzsi Doman**, only 31 when she was first diagnosed with malignant melanoma. After her original diagnosis, she was found to have metastases (spreading) in her abdomen and toe as well. She started the Gerson Therapy in 1991 and went through the usual healing reactions, including vomiting, nausea, weakness and depression. Erzsi now says that she is "cured" (she has no active cancer, is in good health). She remains on a modified therapy, with occasional fish or meat, but generally on a vegetarian diet. She also still uses at least one enema a week, some pancreatic enzymes, etc.

Another melanoma patient was **Katalin Pal**, aged 41 when first seen. She also suffered from multiple sclerosis. She was first diagnosed in 1986; had lymph node involvement in 1993. She tells us that, while her melanoma is cured, (she has no active tumors) her multiple sclerosis did not respond at first. She is continuing the Gerson Therapy and now finds that her MS is slowly improving. Oddly, Katalin reports that she experienced no healing reactions. (While this is quite possible, we sometimes observe that patients have such mild or ongoing reactions that they do not recognize these as specific healing reactions.)

Dora Kovacs, also 41, was diagnosed in July, 1990 with melanoma. She had three courses of chemotherapy at that time, but metastases were diagnosed 10 months after the end of her

chemotherapy treatments in November, 1991. At that time, she was found to have lymph node metastases in her right groin. She started the Gerson Therapy in 1991, and discontinued it in December, 1994 because she felt she was cured. Her reactions occurred from the third month onward every three to four weeks, and included depression, tiredness, irritability, absentmindedness — coinciding with her menstrual cycle. After three years on the Gerson Therapy, she says that 75% of her food still conforms to the Gerson Therapy. She still takes juices and one enema daily "in order to really feel good."

Breast cancer

Another of the reports Beata brought back from Hungary concerns a patient who recovered from breast cancer. **Agi Peter** was diagnosed in 1990, at age 48. At that time lymph node metastases were already found. (I find no mention in this case of any pre-treatment with chemotherapy.) Agi says she had healing reactions that included tiredness, weakness, depression, nausea, headache and herpes on her lip, "almost non-stop flare-ups". She feels that at this time, she is cured, but staying on a reduced Gerson Therapy because she wants to "stay close to the Therapy which has cured her".

Beata's book, *A Time to Heal* is available from the Gerson Institute. It has been accepted for publication by Penguin Books and should come out in their new edition sometime in June of 1996. Penguin has worldwide distribution, and many more people will be made aware of the Gerson Therapy through Beata's book. One reason for Beata's present trip here is to update her book with a post-script, giving the latest details of the CHIPSA hospital, the doctors, etc. and the present activities of the Gerson Institute.

On several of my trips to Europe, when I have lectured in London to the rather extensive and active group of present and former Gerson patients there, I have been impressed that almost all of them learned about the Gerson Therapy through Beata's book. Most of these people probably would have died without this information, and I have often assured Beata that she has helped to save many lives with her book.

Miscellaneous ...

Physicians' Lifespan

In a recent Newsletter, it was noted that physicians have a lifespan of 58 years on the average, while the lifespan of the general population is 74 years. Several readers have inquired about the source of my information.

Dr. Joel D. Wallach, BS, DVM, ND, of Bonita, CA, is married to an MD who receives the Journal of the American Medical Association. He has long amused himself by collecting the obituaries of MDs, published in each issue of JAMA. He took a half a dozen issues of JAMA, and averaged the ages of all the physicians whose obituaries were published, and came out with a lifespan of 57+ years.

Though this may not be a scientific sampling, it does indicate a certain lack of longevity in the professionals most of us trust with our health and well-being.

Diet Coke

Just so you know, the ingredients listed on a can of Diet Coke are as follows:

Contents: Carbonated water; caramel color, Aspartame (NutraSweet Brand), phosphoric acid, potassium benzoate (to protect taste) natural flavorings, citric acid, caffeine.

(Aspartame has been suspected of causing grand mal [epileptic] seizures in some people. Most disturbing are the reports of some of these seizures occurring in pilots of commercial airliners while in flight. The FAA has published a notice regarding this phenomenon.)

Do you really want to drink this? or worse, let your children drink it?

Join the Gerson
Institute ...
We Communicate
Health!

Connecting Fluoridation with Alzheimer's Disease

by Charlotte Gerson

Why are Medical Researchers Ignoring the Probable Cause of Alzheimer's and Concentrating on a Cure Instead?

This is the title of an article which is sponsored by the Safe Water Association, Inc., P.O.Box 502, Fond du Lac, WI 54936, and was reprinted by *Cancer Forum*, the Journal of the Foundation for Advancement in Cancer Therapy, Ltd. (FACT) at P.O.Box 1242, Old Chelsea Station, New York, NY 10113.

The contents of this article are so important, and particularly timely in view of the likelihood of fluoridation being introduced in the entire state of California. The moneyed interests, in spite of the evidence of damage done by fluorides along with the equally important evidence that fluoridation has no effect on preventing dental decay, are still pushing for more fluorides (rat poison) to be added to public water supplies. In Europe, a number of countries had introduced fluoridation, but after studying the results for 20 to 25 years discontinued the practice!

The author of the article is Richard G. Matthew. I am quoting some of the material directly.

"For many years it has been known that aluminum is found in the brain cells of Alzheimer's patients. Since heavy metals are not supposed to be able to cross the blood/brain barrier which protects the brain, researchers could not determine whether the aluminum was what was causing Alzheimer's, or was a result of it. However, since injections of aluminum into the brains of lab animals have produced neurofibrillary tangles similar to those found in the brains of Alzheimer's patients, this area of research should receive top priority. Ignoring this probable, or at least

possible cause of Alzheimer's, has been a tragic mistake, especially in light of the fact that a graduate student at the University of California--Berkeley, has identified the way that aluminum is probably getting past the blood/brain barrier.

"Gene Mesco found that when fluoride combines with aluminum, it forms aluminum fluoride, a bioactive substance that tends to mimic certain phosphate groups which the blood/brain barrier allows in the brain. Tests done at two universities and a lab in Wisconsin have shown that fluoridated water, when boiled in an aluminum utensil, concentrates up to 600 times as much aluminum in the water as unfluoridated water boiled in the same utensil. The British Medical Journal

**... there is no money
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cause of Alzheimer's
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patentable cure.**

Lancet reported that people face a 50% greater risk of getting Alzheimer's when the level of alum in the water is over .11 parts per million. Apparently, nobody has connected these studies. It's sad that there is so much knowledge out there and the bits and pieces don't always come together."

The article states further: "Considering the number of aluminum coffee pots and cooking utensils that are in use in this country and the number of soft drinks and beers that are sold in aluminum cans, this may well be the reason why the onset of Alzheimer's in the U.S. followed the switch from glass bottles and the beginning of artificial water fluoridation."

The author also answers the question raised in the title of this article, stating that "the answer is obvious — there is no money in discovering the cause of Alzheimer's Disease, but there are millions of dollars to be made in finding a patentable cure. Drug companies are in the business to make and sell drugs, and it is understandable why they are not interested in funding research that is intended to prevent diseases that they might develop drugs to cure!" The author also points to the fact that "the same people are pushing fluoridation who have assured us for years that water fluoridation is safe and will never admit to the harm that it is causing."

We published an earlier article and information about the dangers of fluoridation in the *Healing Newsletter*, Vol. 10, No. 2 (March/April, 1995). We have also sent all our subscribers information about the pending bill in the California legislature to fluoridate the entire state. But the March/April article did not include the additional information given above. It may be too late by the time the present *Newsletter* gets into your hands to stop the process — and there may be too much money and power behind it — but if you can do *anything* to stop or reverse the bill, please, for yourself, your family, your children and grandchildren, *do what you can*.

*A bequest to the
Gerson Institute
helps to continue its
vital, lifesaving
work into the
future!*

From the Convention Circuit

Teresa Saenz, Soleil Donahue, Yvonne Nienstadt, Alexandra Lennox

by Charlotte Gerson

Teresa Saenz

In June, at a convention in Anaheim, we had several people who came to testify about their experiences and recovery on the Gerson Therapy. Teresa Saenz volunteered to tell her story. For about seven years, she was on broad spectrum antibiotics — all through her high school and college years. (An aside here: if drugs are so good and are supposed to cure a problem, why do patients have to take them for 7 years? At the end of that period, the real problems begin to appear.)

About a year later, her colon stopped functioning. She also suffered from constant colds and other respiratory infections. She was diagnosed with vaginal infections, and constantly had to take laxatives.

In 1984, Teresa was diagnosed with endometriosis, chronic cervicitis, sterility, pelvic inflammatory disease and endometriosis pain. An ovarian cyst ruptured — then she needed morphine every three months. For several years, during menstruations she was bedridden and required Percodan (codeine) to suppress the pain.

At about age 24, she had a laparoscopy (a "look-see" into her abdomen with a scope) and her endometrial spots were removed by laser surgery. Her doctor said that she needed male hormones to stop ovulation. For nine months, she took those hormones, trying to keep the endometriosis from recurring. She had terrible side effects. She became disillusioned with medical doctors' advice and started to use herbs and colon cleanses. Her problems improved, but did not clear, and her pelvic infections became worse. For some ten years, she had to wear Tampax or other protection at all times in order to control the con-

stant draining of her vaginal/pelvic infections.

In October of 1993, Teresa started the Gerson Therapy at CHIPSA. In about 2 weeks, she reports that she had less pain and her infections drained. After eight to ten weeks on the Gerson Therapy she had no more vaginal infections and no longer needed to wear Tampax or any other protection. Her full colon functions did not return, however, so she still needs to take the coffee enemas of the Gerson Therapy — but she is well and functioning. Teresa completed her studies and is now a busy chiropractor.

Soleil Donahue

Soleil also came to the 1995 Anaheim Health Convention. Even though she is alive and active, and in good condition, we do not claim to have "cured" her.

She was diagnosed in 1987 with adenocarcinoma of the cervix. Her doctor explained to her that this was a rare form of cervical cancer, more severe than the average squamous cell carcinoma which affects women. In 1989, her tumor was 3.5 cm. in size and had spread to her right ovary. In addition, she had two spots in her pelvis. Her doctor said that he didn't expect her to survive after a recurrence. She tried the Burton treatment, without effect. Then Soleil had surgery and later a second surgery to remove her ovary. Subsequently, she went to Burzinski's. She followed this treatment for 6 months, but her tumor kept growing. While she was at Burzinski's, she met two people who had done the Gerson Therapy. She was interested and in 1990, came to the CHIPSA Hospital in Mexico.

Soleil reports that at the start of the Gerson Therapy she had heavy flare-ups, so much so that she describes herself at that time as "a basket case". Dur-

ing these flare-ups, she got rid of much dead tissue and toxic material. By March 1992, she started to feel better. Still, she had recurrent bladder infections which required her to take antibiotics.

Now Soleil is 48, and says that she feels wonderful. She reports that, for the first time in a long time, her hands and feet are warm; her nails, which always used to peel, now are hard and grow normally. Her once blotchy skin is now clear and translucent.

However, Soleil's tumor is not gone. It is still palpable, apparently encapsulated, and is not spreading. Her original doctor said that a six-year survival with her condition was "unheard-of". I am not satisfied with her condition, since the tumor is still in place, even though inactive. I found that she has a dead tooth with a long existing root canal right in the front of her mouth. This tooth is dark and looks damaged. In the meantime, a book by George Meinig, D.D.S. called *The Root Canal Cover-up* (available from the Gerson Institute) has been published, and explains clearly that an existing root canal is easily implicated in constantly pouring toxic substances into the blood stream. This could well cause Soleil's system to be unable to attack and destroy the tumor in spite of her strict adherence to the Gerson Therapy for some 3½ years. I urged her to have that tooth removed and allow her body to heal the almost certain damage in her jaw brought on by the root canal and its attendant infections from the dead tooth.

Yvonne Nienstadt

Another recovered patient at Anaheim was Yvonne Nienstadt. It is important to note that when these "cured incur-

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Convention Circuit ...

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ables" come to the podium, one's first impression is always that of active, sparkling good health.

Yvonne had a typical long history of damage to her body by drug treatments. When she was about 12, for a period of two full years, she was given strong hormones (Elavil) plus the antibiotic, tetracycline to control acne. This produced side effects, including weight gain, mood swings, and constipation. But she managed to deal with these until, at the age of 18, she had an accident. She fell on her head and impacted her spine. The physical, emotional and psychological effects also caused her breathing problems. She went to the best allergist and was diagnosed with severe asthma. The chest X-rays even showed white spots on her lungs — these were not further examined or investigated. The doctor prescribed a number of drugs, including desensitizing drugs that she took when she could not breathe, vasodilators, "uppers and downers". The doctor also stated that she would have to take these for the rest of her life. She was well aware that one couldn't live that way, and started to work with herbs and raw foods. During that time, she more or less held her own. Then she moved into a large old house that was dusty and had a great deal of mold, and, as it turned out later, had a gas leak right under her bed. Her condition became so serious that, at times, she needed adrenaline to breathe. At 24, bedfast and in great pain, she started the Gerson Therapy. She had obtained the Gerson book some time before, but because she managed to control her asthma fairly well with herbs and diet before she moved into the old house, she had put the book on a shelf. The Gerson Therapy seemed too involved. It was only when she was totally unable to function and in pain that she began the treatment.

After the first week on the strict therapy, she had an extremely heavy healing reaction, with fever up to 106° F. The reactions recurred at first in less

than two weeks, later in two to three weeks. In three months, she was able to go back to work, starting with six hours a day.

Yvonne did the Gerson Therapy strictly for about two years, and stayed with the "maintenance diet" for much longer. Even now after 18 years, she is careful to eat organic food — and she "feels great".

For some time, she has been taking an oxygen product that she thinks has helped her to increase her energy considerably. She believes that this product could help any Gerson Person or people not on the Therapy, and she would be happy to share the information with any person who may be interested. She can be contacted at (619) 674-4757, also to talk to any other asthma patients who may be interested in the Gerson Therapy.

... the oncologist told [Alexandra], "This is a typical two-to-ten year illness. But I don't think that you'll be alive in two years."

Yvonne works at a posh Health Spa that Oprah Winfrey occasionally attended. Yvonne teaches Health Education — and one of her students was Rosie, who subsequently wrote the immensely successful cookbook, *In the Kitchen with Rosie*. With the help of this cookbook, Oprah, along with many other clients, finally got off the weight gain/loss seesaw, and is now able to maintain normal weight.

It is important to remember that people like Yvonne, who have a long history of prescription drug use, can have severe organ damage, because all drugs are eventually liver toxic. It takes a long time to restore the damaged and poisoned liver and other essential organs to the point where they can achieve and sustain ongoing full health.

Alexandra Lennox

One of the "cured incurables" who told her story at the Anaheim convention was Alexandra Lennox. Her story is particularly important because it illustrates one of our serious endeavors with all patients: cure the patient and help the family to improve and maintain health.

In 1984, Alexandra was diagnosed with invasive, intraductal carcinoma after a lumpectomy. The margins in her breast were not 'clean' — meaning that the lumpectomy had not removed all the cancer tissue which was present. The surgeon suggested that her lymph nodes needed to be examined and this procedure would have to be followed by removal of her breast. A close friend was able to secure for her an appointment with an oncologist at Stanford University. After the examination, the oncologist told her, "This is a typical two-to-ten year illness. But I don't think that you'll be alive in two years. Get your affairs in order and have the best time you can. And don't worry; we have powerful medications for you when your pain begins." There were also further complications. Prior to her diagnosis, she was suffering from severe depression, chronic low blood sugar, anger after her divorce from an alcoholic husband after 17 years of marriage, and three teenagers who were addicted to alcohol and drugs. These situations added tremendous stress to Alexandra's life.

After the examination at Stanford, her daughter drove Alexandra home. Then she made an appointment with a radiation oncologist. At his office, she was shocked to see all the sick, bandaged people, looking severely ill and in wheelchairs. She couldn't stand it and walked out. She was crying as she drove home. Close to home, she noted that some of the lawns were of a lively green, while others looked brown and sick. It struck her that if the right food could do this to grass, why should the body not also respond in the same way. She figured that with the right nutrition, she could at least keep going for, say, another five years or until a cure for cancer were found. Then she heard a clear voice in her mind which said to her "you can feed and nourish your mind and body

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Convention Circuit ...

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and become well!" At that point, she sped past her house and to a health food store. She noted several books on dieting for weight loss, but the owner directed her to three books on nutrition and cancer. One book was that of Edie Mae Hunsberger, and how she healed herself of cancer. The second book was on macrobiotics. The third book was *A Cancer Therapy* by Dr. Max Gerson. The owner cautiously approached her and recommended that she use the Gerson book. "It is the hardest therapy, but the best," he told her.

She took the books home and started to read. Edie Mae's story didn't satisfy her, since Alexandra felt that it was not truly a healing treatment. In the macrobiotic book, she found a lot of emphasis on the oriental philosophy which seemed foreign and removed from her. The Gerson book frightened her at first but she realized that here was a total healing philosophy. She called the Gerson Institute, and four days later was at the Gerson Therapy Hospital in Mexico ("La Gloria" at that time).

Alexandra came to Mexico alone. She had no support from her family, who were horrified about her going for 'alternative' therapies and not following the doctor's advice. She struggled for quite a while. After three months, a new lump appeared, which later had to be removed surgically. She continued to believe in the Gerson Therapy and fought on. She also added psychological counseling with Simonton and from Louise Hay. After two years, she looked really "fabulous", but it was only after some four years that she really felt emotionally and physically well.

Therapy's Side Effects

Alexandra's older son had dropped out of High school in his Junior year because of alcoholism. By age 24, he was a "late stage" alcoholic. At that point, Alexandra brought him to CHIPSA for treatment. In just three days, he had no more cravings for cigarettes or alcohol. He spent a total of ten days at the Gerson Therapy hospital and left, gentle and relaxed.

Her daughter went into Alcoholics

Anonymous, bought a juicer, and changed her diet. Her younger son is well, and also eats only organic food.

In December 1993, Alexandra's father, aged 87, suffered a heart attack. After the ambulance delivered him to the Emergency Room, he got a stroke. He was in the hospital for three weeks, was given a pacemaker and lots of drugs. His wife was then told to take him to a nursing home. Instead, Alexandra urged her mother to take him home, and headed for their home near Sacramento. She was shocked at the sight of her father sitting in a wheel chair, his head drooping to one side, drooling. But she worked with him day and night, cautiously putting him on the Gerson Therapy, some juices at first, while he was still taking all the prescribed drugs, then slowly increasing the intensity of the Therapy. In three weeks, he was out of the wheelchair, in three months, he was walking around the yard. In August of 1994 (eight months after the heart attack and stroke) he walked into the Woodland office of the California Department of Motor Vehicles and applied for (and received) a driver's license. He remains well, and celebrated his 90th birthday in August.

Alexandra has just completed her book about her illness and recovery, her dealing with a dysfunctional family, healing body and mind. The book should be ready in September of '95 and will be available from the Gerson Institute. The title of her book will be: *Living Free of Cancer: My Life — My Cure*.

Dael Mintz - Melanoma

Our constant readers may remember Dael's story from the the *Gerson Healing Newsletter*, Vol. 9, No. 4 (Nov.-Dec. 1994). Dael had widespread melanoma in her spine, lungs, liver, bones, and skull. She came to the CHIPSA hospital in 1993. She just returned to CHIPSA (Aug. 1995) for a follow-up exam, and Dr. Melendez pronounced her totally clear of any cancer! Dael is one of the most spectacular examples of the marvelous and rapid response of melanoma to the Gerson Therapy.

Alternative Medicine Finds a Place in the Mainstream

by Howard Straus

An article in the June 26, 1995 issue of *Newsweek Magazine* is of interest because it reports on a trend that is being noticed in all areas of the United States. In the *Healing Newsletter* Vol. 10, No. 1 (January/February 1995), we reported on an article in the *AMA News* noting the large and increasing percentage of Americans who regularly use alternative modalities to treat their major and minor ailments. The Congressional Office of Technology Assessment (OTA) was literally ordered to report on the viability and utility of alternative methods, and the National Institutes of Health, likewise, was forced to establish an Office of Alternative Medicine. Both of the governmental efforts were halfhearted and so far, ineffective, most probably because of the enormous vested interests involved in pharmaceuticals and allopathic medicine, and the responsiveness of our government to Big Money. But, as much as they would like to ignore alternative therapies, the problem will not just disappear. The same political forces that generated the studies and grants will continue to grow, and will be less than forgiving to those who obstruct them.

For years, the reliance of Americans on alternative medicine (chiropractors, osteopaths, massage therapists, herbalists, acupuncturists, etc.) has been growing, despite the fact that most insurance plans do not reimburse them for such treatments. This shows a level of satisfaction with alternatives that the great majority of Americans does not feel towards the normal medical profession. Doctors are often seen as arrogant, cold, money-hungry and sloppy in their work (medical negligence is acknowledged to cause hundreds of thousands of deaths in hospitals annually). Patients have found that they can get better medical care, far less expensively, and feel more in control

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Alternative Medicine ...

(Continued from page 8)

of their own lives and health when they visit non-medical health care providers.

The article in *Newsweek* now claims that insurance companies are starting to get the message that their clients want alternative medicine to be available to them, and that it may well be worthwhile to look into the various avenues available other than allopathic medicine. The driving force, in this case, is not openmindedness or fairness, it is cost. For years, the cost of medical treatment in the United States has been rising much faster than inflation. At the same time, Americans are dissatisfied with their health care, as well they should be. America has the most expensive and one of the least effective medical care systems in the world, despite the puffery to the contrary of the providers themselves.

Mutual of Omaha ran a two-year study of Dr. Dean Ornish's lifestyle regimen vs. normal invasive heart treatments. The initial reaction of the critics to this experiment was concern that Mutual would probably be stuck with the expense of the Ornish program plus conventional therapy, when the patients abandoned the program. Instead, Mutual found, happily, that for every dollar they invested in the program, they saved \$6.50 in the short term, and estimate that they will save a total of \$20.00 for every dollar invested over the long term, due to the tendency of medically treated heart patients to require repeated procedures over the years. The patients, of course, are delighted to be able to return to normal, productive lives instead of the lives of heavily (and expensively) medicated invalids.

Sharp Health Plan, a 16,000 member HMO in Southern California, now offers their subscribers Dr. Deepak Chopra's wellness program. Other insurers are responding to consumer demand as well, offering their customers alternative options. These insurers are universally experiencing reductions in cost, which, of course, should lead to either increased profitability or more competitive prices for their customers, or both.

American Western Life has significantly reduced the number of office visits and hospital stays often caused by adverse reactions to unnecessary prescription drugs by working with patients to help them care for themselves, using, if possible, low-tech treatment options.

Who Loses?

What the *Newsweek* article failed to mention was that when consumers of health care (in this case the insurance companies and their customers) save large amounts of money, the savings come out of doctors' fees, hospital charges and expensive (and often

**It will be difficult, but
not impossible for the
AMA and the FDA to
derail the demand for
health care that
works.**

harmful) pharmaceutical drugs.

The backlash from the medical profession has been vitriolic and often hysterical. In a recent radio debate on Gary Null's syndicated radio talk show, Null was discussing the \$4 million funding for the Office of Alternative Medicine with Gar Hildenbrand of the Gerson Research Organization. A representative of the AMA was included in the discussion for fairness. He became so agitated about allocating \$4 million to alternative medicine (out of a total of over \$10 billion for allopathic medicine) that he became nearly incoherent. This betrays a fear on the part of allopathic physicians that they are losing their grip on the American health care dollar.

I believe that a battle royal is shaping up between health care consumers and the existing medical-pharmaceutical-hospital establishment. Allopathic physicians and pharmaceutical companies, backed by a cooperative FDA, will continue to fight the cheaper and more effective alternatives, like the

Gerson Therapy, especially in the area of prevention, since a healthy populace is not the recipe for wealthy physicians. As it becomes more obvious that they are fighting a rear-guard action, their methods will become harsher. The AMA, it must be remembered, is the richest and most powerful trade union in the world, and can make a lot of trouble.

In the end, AMA physicians will either incorporate alternative methods or lose their patients to practitioners who can and will provide the services the patients want. The growing pressure from the health care consumer will certainly make the AMA take action regarding alternative methods.

History suggests a possible response from the AMA: when faced with the firestorm of protest against totally forbidding the sale of vitamins and supplements in health food stores, the AMA and FDA backed off, and quietly began a campaign to put these substances under prescription control, as they had succeeded in doing years ago for pharmaceutical drugs. If they had succeeded in this campaign, your \$1.95 bottle of vitamins would require a \$50 or \$100 doctor's visit, plus hours spent in a waiting room. It can therefore be expected that the medical establishment will attempt to make non-AMA approved treatments illegal, in some fashion, and with minimal public exposure.

Expect horror stories from the disinformation machines at the AMA about death and medical disaster caused by using alternative methods rather than "proven" or "accepted" medical procedures. Do not expect a great number of stories about the estimated 100,000 deaths annually occurring in hospitals due to medical negligence. Do not expect stories about the nearly half-million dollar annual income of the average cardiologist. When there have been a sufficient number of such stories, there will be a demand for legislative action to "protect" the American people, presumably from themselves. In truth, the protection that will be sought will be the protection of allopathic physicians and their incomes against fair competition.

USA Weekend Testimonial

Joyce Lewis' Recovery from Stage IV Melanoma

By Charlotte Gerson

Last year, our readers may remember, *USA Weekend* Health Editor John Butterfield issued an invitation for people who had elected to use alternative medicine to share their experiences, good or bad, with others, in recognition of the growing trend towards the use of alternative medical treatments. At that time, we asked our readers and former patients to write to *USA Weekend* with their experiences, including details of their prognoses and their results.

The material was never published and Butterfield was no longer Health Editor when the promised publication date passed. Efforts to locate him were unsuccessful, and were met with the bland assertion that *USA Weekend* had "downsized". No information regarding his current whereabouts was forthcoming.

We continue, however, to receive testimonials, copies of which were sent to *USA Weekend*. The following letter was dated July 7th, 1995.

Joyce E. Lewis writes: "I was diagnosed via a biopsy with Melanoma, Clark's fourth layer (sic) in April of 1986 by a physician in Bakersfield, CA. The doctor's name was Dr. Fisher, an oncologist. His solution was to put me in a hospital for 8-10 days and give me chemotherapy from the groin down. The tumor was on my lower right leg about the size of one quarter and in height about two quarters high.

"I did not go along with Dr. Fisher's method and instead, tried the Kenneth

Norris Cancer Hospital at Southern California University. The doctors there stated that chemotherapy does not work on melanoma. Their solution was to put me in a hospital and cut the cancerous tumor out. Two days before I was scheduled for surgery, I went to the Gerson Clinic in Mexico.

"During the weeks that I was seeing the doctors here in California, my family and I were looking for alternative treatments. My daughter, a chiropractor now, went to the Cancer [Control] Society located in Los Angeles and obtained literature on alternative medicines.

Thus, after several phone calls to other clinics, we determined that Gerson was the way I wanted to go with the alternative medicine.

"I went to the Gerson Clinic in June of 1986 and stayed about 2 weeks. After returning home, I stayed on the full Gerson therapy for nearly a year, until April 1987. Some of the side benefits of the therapy for me were my hearing improved, my nasal passages cleared up, my eyesight returned to a 1983 prescription. Today, nearly 10 years later, I have had one cold, absolutely no flus, I am in very good health. I still eat mostly organic foods, take herbal vitamin supplements, and have not done away with the enemas. I have blood work up done about every 3 years, mostly at the insistence of my family. The reports have been very good. I am now approaching my 57th birthday."

/Signed/ Joyce E. Lewis

POWER NUTRITION SEMINAR OFFERED IN CARMEL, CA

Oct. 7, 1995, 10:00 AM to 4:00 PM

POWER NUTRITION is an all-day seminar designed for people in generally good health who want to maximize their health and well-being, immune system function, stamina, energy and vitality, lose unwanted weight, prevent degenerative ("dread") diseases and overcome or avoid addiction. Desirable benefits of the recommended lifestyle include vibrant good health, and slowing, and often actual reversal of the "aging process".

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

Your Seminar Leader will be Howard Straus, Editor of the *Gerson Healing Newsletter*, and grandson of Max Gerson, M.D. He has been giving the Power Nutrition seminar for over three years, and has lectured in the United States, Canada 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.

There are, as yet, no tapes or books available containing the seminar materials. This remains a project that we are addressing.

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.

Share your enthusiasm! A Gift Membership in the Gerson Institute spreads the word, and brings timely and useful information to a friend or loved one throughout the year.