



# GERSON HEALING NEWSLETTER

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## Root Canal Cover-Up Are your teeth killing you?

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

Many of our patients and readers are well-informed about the dangers of "silver-amalgam" fillings. These commonly-used fillings consist of more than 51% mercury mixed with silver and some other metals. The problem, of course, is mercury — a highly toxic heavy metal with a powerful effect on the nervous system. Once installed in teeth, some of the mercury leaches out into the system and into circulation. Some people, admittedly, are a great deal more sensitive to this circulating mercury than others. Mercury has been shown to even cause multiple sclerosis in some patients. When the "silver fillings" were removed, the patients recovered. Other people have silver fillings in their teeth for many years with no apparent problems. (see *Editor's Corner*, p. 3)

What is less well-known is the condition that occurs when the root of a tooth becomes abscessed. In order to treat the infection, the dentist first removes any loose or diseased material from the canal that houses the nerve. When the nerve is removed, the tooth dies. *Root Canal Cover-Up* by Dr. George E. Meinig, D.D.S., F.A.C.D. in 1993 documents the

extensive and detailed research done by Dr. Weston A. Price, D.D.S., F.A.C.D., in the first few decades of this century. Dr. Meinig founded, and for many years headed The Association of Root Canal Specialists, a group of dentists engaged in performing root canal procedures. He admits to doing many hundreds himself. However, when he discovered the research done by Dr. Price detailing the dangers inherent in this treatment, he resigned his position and now spends his time and energies in making the public, as well as professionals, aware of the research.

Dr. Price's first indication of health problems due to root canals came from a patient who was bedfast and virtually paralyzed by rheumatoid arthritis. For some reason, her root canal filled tooth was removed, although it looked healthy and normal on X-rays. Within a few weeks the patient was able to get up; after some months, she was able to walk and her health was totally restored. Intrigued, Dr. Price took the extracted tooth, sterilized it thoroughly, and implanted it under the skin of a rabbit.

(Continued on page 2)

### In This Issue:

#### **Root Canal Cover-up**

Page 1

#### **Editor's Corner**

Page 3

#### **Norman Fritz Retires**

Page 3

#### **Important Notice**

Page 3

#### **Physician Training Debut**

Page 4

#### **Book, Video Distribution Program**

Page 4

#### **Adding Milk Proteins to your Diet**

Page 5

#### **Power Nutrition Seminar Schedule**

Page 7

#### **From the Convention Circuit**

Page 6

#### **Joergen van Szidy: Liver Cancer**

Page 8

#### **Recurrence**

Page 9

#### **Gerson Institute Offices Moving**

Page 11

#### **Gerson Therapy Convention and Lecture Schedule, Winter/Spring, 1996**

Page 12

## Root Canal Cover-up ...

(Continued from page 1)

Within five days, the rabbit developed severe rheumatoid arthritis; in ten days it died of the disease.

Dr. Price subsequently repeated the experiment with many other patients who had root canal filled teeth extracted, some suffering from kidney disease, others from heart disease, and many more with arthritis. In virtually all cases, the patients showed considerable improvement, and some even total recovery after the offending teeth were removed. Often, Dr. Price implanted the extracted and sterilized teeth under the skin of rabbits. In each case, a tooth removed from the patient caused the patient's disease in the rabbit. Dr. Price went even further to try to clear the apparently infectious material from the extracted teeth: he autoclaved them (sterilized by steam pressure, usually at 250° F. or 121° C.). Sterilization made no difference: the rabbits with the sterilized teeth implanted still developed the diseases and died, usually within ten days. As a control, Dr. Price implanted a healthy tooth under the skin of a rabbit. This rabbit lived without showing any signs of disease for its normal life span of about 15 years.

The underlying problem is very interesting: when the nerve is removed from a tooth, the tooth is dead, and is no longer supplied with nutrients. The normal structure of a tooth includes tiny "canules" (similar to capillaries in all human tissue) that carry nutrients to the living tooth. The tooth's constant circulation is also instrumental in clearing potentially infectious material from the tooth. Once the tooth is dead, however, nutrients stop circulating through these canules, and the tooth loses its ability to clear itself of infection. Instead the canules become infested with germs and viruses. Additionally, the filling of the nerve canal shrinks a little bit over time, allowing still more bacteria and viruses

to lodge in the gap between the filling and the tooth. None of this is visible on X-rays. A dead tooth is thus a potent source of bacterial and viral toxins and infections that can spread throughout the system. Inability of sterilization under extreme conditions to clear the infectious material should prove that, no matter how good one's dental hygiene is, it is simply impossible to remove the danger.

People with good immune systems and powerful defenses can often live with this constant trouble source without developing symptoms. Yet, careful X-rays eventually show "cavitation" (hollowing out of the surrounding jawbone) around the root canal treated teeth. As the hitherto resistant patient ages or is weakened by accidents, colds and flus or severe stress, his ability to overcome this "focal infection" is reduced. The infection is then able to cause or contribute to the development of severe chronic disease.

In view of the above, it will not come as a surprise that we urgently suggest that patients remove any teeth with root canal fillings.

In the 1950's, German physician Dr. Josef Issels heard a lecture by Dr. Gerson, and subsequently successfully used alternative treatments in helping many cancer patients. Dr. Issels himself spent

some time at the CHIPSA hospital, and, while there, pointed out the severe damage caused by root canal fillings. He said that he refused to treat any cancer patient who did not allow all "devitalized" (dead) teeth to be removed, as he found that he could not obtain good results without this procedure.

### Infected tonsils also cause problems

We had the pleasure of meeting Dr. Issels again recently, at a convention in Orlando that we were both attending. In the course of our discussion, he returned to the question of "devitalized" teeth, and described a simple, infrared machine that is capable of detecting the infections. He told us that the detector is also capable of finding infected tonsils.

Dr. Issels estimated that approximately 90% of cancer patients have undetected infections in their tonsils that cannot be found during routine examinations. He told us of the case of a patient whose tonsils Issels insisted needed to be removed. The surgeon was doubtful about the necessity of the procedure, because he could not find any reason for the tonsillectomy. After the tonsil was out, the surgeon wanted to prove to Issels that the removed tonsil was perfectly sound, and cut into it. He was shocked to have the pus virtually squirt out into his face.

Dr. Issels was making the following point: it is difficult to determine that teeth

(Continued on page 4)

## 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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Howard D. Straus, Editor

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Charlotte Gerson, President

## Editor's Corner

by Howard Straus

### Your Tax Dollars at Work, cont'd

The name Hal Huggins, D.D.S. will be familiar to many of our readers as the author of *It's All in Your Head*, a compilation of the many, many ill effects of introducing the terribly toxic metal, mercury, into one's system through mercury/silver amalgam fillings. Dr. Huggins has been helping people overcome diseases caused by the fillings for years.

The Colorado State Board of Dental Examiners has now brought action against Dr. Huggins under various trumped-up charges, including "misleading and deceptive publications", saying that "a large percentage of the population is hypersensitive to mercury" and recommending nutrition and massage as effective treatments.

The Board, in concert with the Colorado Attorney General, has been investigating Dr. Huggins for nearly 22 years, at a cost to the taxpayers of the state of over \$2 million. For years, a full-time investigator has been assigned to Huggins, attempting to find damaging material on him or his attorney. The Attorney General hired a former law clerk for Huggins' attorney, and used his insider's knowledge, in violation of all legally ethical behavior, to build their case against him.

Ironically, the American Dental Association (ADA) removed a clause in its *Code of Ethics* in 1984 that used to obligate dentists to make "the results and benefits of their investigative efforts available to all when they are useful in safeguarding or promoting the health of the public." The clause was removed shortly after an examination of the mercury issue by the ADA, FDA and NIDR in a joint meeting in Chicago. Dentists who reported adverse effects of mercury under this requirement found themselves under attack and investigation, rather than being applauded for their diligence!

It has long been proven that mercury continuously leaks out of fillings, as long as the fillings are in the patient's teeth.

*(Continued on page 4)*

## Norman Fritz Retires New Faces on the Lecture and Convention Circuit

by Chip White

After 19 years of dedicated service, Norman Fritz, Vice President of the Gerson Institute, has decided to retire to allow himself more time to work with the Cancer Control Society and on other holistic health-related projects.

In 1974, Norman left a lucrative career as an engineer in the aerospace industry to re-establish the Gerson Therapy, fifteen years after Dr. Gerson's death. Norman single-handedly established the legal framework of the Gerson Institute and handled the logistics of establishing the first Gerson Therapy center. More recently, he has been involved in securing additional funding through various charitable contribution programs. He will remain on our Board of Directors and, in that capacity, will continue to assist in guiding the Gerson Institute as we enter a new phase of growth and acceptance within the traditional medical community. His contributions will always be remembered, and everyone at the Gerson Institute wishes Norman success in his new endeavors.

### New Faces

Those of you attending our seminars in the future will see some new faces.

Howard Straus, Charlotte's son and the editor of *The Gerson Healing Newsletter*, has served for many years on the Gerson Institute's Board of Directors. He has presented his own series of Power Nutrition seminars in Carmel, California based on the Gerson Therapy, and has assisted Charlotte in Gerson Institute workshops and seminars in the United States, Canada and Europe.

Chip White has been involved with the Gerson Institute in various capacities, including service on the Board of Directors for several years. His training and

background include medical, psychological, and spiritual approaches to healing and wellness. Chip has spent considerable time at each of the four Gerson Therapy centers that have existed since 1977, making rounds with Charlotte and the doctors, and studying all aspects of the therapy. He has counseled numerous patients, and has lectured and taught courses about the Gerson Therapy and holistic healing since 1987. He is currently involved in co-authoring a new book on the Gerson Therapy with Charlotte.

You will see more of Howard and Chip at our conventions and seminars, both lecturing and assisting Charlotte with her lectures and workshops.

## Important Notice

by Howard Straus

In recent months we have received several complaints from members of the Gerson Institute who have joined or contributed to the Gerson Research Organization in order to receive the Wellness Letter. Because they have contributed to the GRO, it is a surprise to them to receive a letter from Sandy Butler, our Membership Coordinator, that their membership in the Gerson Institute is about to expire.

We would like to point out to our members that the Gerson Institute and the Gerson Research Organization (GRO) are two separate and distinct organizations. Membership in one does not automatically confer membership in the other. We encourage our members to support any organization they deem worthy, but please remember that contributions to GRO are *not* shared by the Gerson Institute, and do *not* qualify you for the *Gerson Healing Newsletter*.

The Gerson Institute has made every effort to carefully track memberships and contributions, and will never knowingly bill members twice for membership.

## First Formal Gerson Therapy Physician Training to Debut in July

by Chip White

The Gerson Institute is pleased to announce the first in a series of formal educational programs to train physicians and other health care practitioners to use the Gerson Therapy in their practices.

Our first training program, scheduled for July 8 through 13, 1996, will be held in San Diego, and is designed to introduce physicians to the clinical practice of the Gerson Therapy. Topics will include the theoretical aspects of the Gerson Therapy, managing reactions, interpretation of serum pathology in the Gerson patient, clinical interventions in crisis situations, interventions for pain management, adaptations to the therapy for special populations, clinical application of the therapy with specific diseases, expected response rates with various diseases, and contraindications and modifications in pretreated patients.

This program will include instruction from Charlotte Gerson and other personnel at the Gerson Institute, as well as presentations by outside professionals with background in

Gerson Therapy and compatible treatment models. We will be applying for CMEs and other continuing education credits for various health professionals.

Other training seminars are in the planning stages, all designed to help medical professionals to develop and refine the skills necessary to manage patients using the Gerson Therapy protocol. These training programs, combined with follow-up supervision by Gerson Institute personnel, will eventually lead to certification by the Gerson Institute as an Authorized Gerson Therapy Practitioner.

We are very excited to begin this phase of our outreach and education programs, made possible in part by funding received through the Independent Charities of America and the Combined Federal Campaign. If you are a health care practitioner, or know of one who is interested, request our brochure on the Medical Training Seminar. Space is limited, and we anticipate a large response, so we encourage early registration.

## Free Distribution of Books and Videos to Libraries and Health Food Stores.

by Chip White

As part of our charitable mission made possible by your donations, we are pleased to announce a program to distribute free copies of our books and videos to health food stores, libraries, and other community organizations. Through this program, the Gerson Institute offers a free display copy of *A Cancer Therapy* and *Censured for Curing Cancer* to any health food store that agrees to display them and distribute copies of our brochures. Libraries serving a population of more than 10,000 people may apply for a free copy of those two books, plus a free copy of our Gerson Therapy lecture and workshop videos.

The number of free copies available at present is limited. If you know of a library or health food store interested in our free distribution program, have them contact us to request an application.

We would also like to remind you that you may order any number of brochures (up to 100 at a time) without charge for distribution to your friends, co-workers, relatives, or others.

### Root Canal Cover-up ...

(Continued from page 2)

and/or tonsils are infected and are significantly contributing to the patient's illness. Every effort should be made to clear these foci of infection by removing root canal filled teeth and damaged tonsils, to ensure the maximum chance of recovery.

**Root Canal Cover-Up** by Dr. George E. Meinig, D.D.S., F.A.C.D., \$19.95, plus \$3.00 postage and handling, is available from the Gerson Institute. California residents, please add 7.5% sales tax.

### Mercury Poisoning ...

(Continued from page 3)

Yet the ADA insists that this terrible neurotoxin somehow suddenly becomes safe when placed in one's mouth.

If Dr. Huggins' assertions turn out to be true, as all available scientific evidence indicates, the product liability and medical liability of the dentists who have been installing mercury amalgam fillings will be so astronomical as to ruin dentists, malpractice insurance companies and filling manufacturers, and probably the ADA, which traces its rise to its acceptance of cheap mercury fillings. There can be no escaping the financial

and legal consequences. The state has again employed the time-honored tools of cover-up, harassment and character assassination against Dr. Huggins, in protection of a lucrative but poisonous industry.

If you want to help Dr. Huggins, and yourself in the process, write to your own state senators and representatives, write letters to the editors of your local newspapers, talk shows, investigative news shows, like *60 Minutes*, and let them know that you will not let this issue be swept under the carpet, along with Dr. Huggins.

*It's All in your Head*, by Hal Huggins, D.D.S., \$10.95, plus \$2.50 postage and handling from the Gerson Institute. California residents, please add 7.5% tax.

## Adding Milk Proteins to your Diet

### Do it carefully ... pitfalls abound

by Charlotte Gerson

After a period of about six weeks on his full intensive therapy, Dr. Gerson added modified milk proteins to his cancer patients' diet. Your Gerson doctor may suggest a different amount of time before adding milk products. For the Gerson Therapy it is important that these milk products be (1) fat free (*not low fat*); (2) soured (predigested, such as in yogurt or "pot cheese") and (3) salt-free.

In his book, *A Cancer Therapy: Results of 50 Cases*, Dr. Gerson describes these milk products as "buttermilk and pot cheese". Unfortunately, these items are no longer the same as the products to which Dr. Gerson was referring, and cannot be used by patients on the Gerson Therapy. The buttermilk that Dr. Gerson prescribed used to be true, *churned* buttermilk. This was totally fat-free due to the churning process, and contained no additives. As far as we know, churned buttermilk is no longer available anywhere. Buttermilk made today is "cultured", and is usually made from left-over milk, treated with thickeners, flavoring agents, even salt, as you can see from the list of ingredients. This method is harmful for Gerson patients. Unless you have your own churn, or are close to a milk farmer who churns butter and has buttermilk left from his processing, you *cannot* use buttermilk while on the Gerson Therapy.

The question of "pot cheese" is more complex. Dr. Gerson's patients, some 40 to 50 years ago, had access to a non-fat, unsalted large curd type of cottage cheese. This, too, is no longer available. Cottage cheese made now is salted and "creamed" (cream added). You may see

some cottage cheese labeled "low fat", but it still contains a minimum of 2% butterfat (*too much*) and is quite heavily salted. "Regular" cottage cheese contains 4% butterfat plus salt, and is even worse.

We had one patient who had done very well on the Gerson Therapy: most of his tumors were gone or reduced. When his doctor allowed him to have yogurt, he could only find "low fat" yogurt. In a short time, his tumors were growing again. He came back to CHIPSA to find out what the problem was. In only a few days on the full, intensive therapy in Mexico, his tumors were again much smaller. Then he received the results of an analysis he had ordered of his "low-fat" yogurt. The result showed a fat content of this low fat yogurt of 3.2% butterfat — enough to start tumors growing!

The only way that patients can use "cottage cheese" is if they are able to obtain skim milk and allow it to curdle (see back of the cookbook, in the *Gerson Therapy Primer*) and pass it through several layers of cheese cloth, or preferably through some porous tea towel, to separate the curds from the whey. In California, *raw* non-fat milk, which is best, is still available. It comes in plastic half-gallon containers that can be placed, unopened, into a large pot with warm water (body temperature, about 98-99 F.), covered with a blanket, and kept warm for approximately 26-28 hours, or until it separates into curds and whey. Covered, with a blanket tightly wrapped around the pot, it stays warm overnight, but needs to be gently reheated once or twice during the day. If it is kept too warm, the curds become leathery, tough and unappetizing.

One female patient, who had shown exceptionally dramatic results with the

Gerson Therapy, was eating "cottage cheese" at home. This was a hard cheese, possibly made as part of a "cottage industry", and sold as cottage cheese. Hard cheeses are especially harmful: usually they contain up to 40% (!) butterfat, and are heavily salted. Naturally, this patient also experienced regrowth of tumors, until she stopped using the hard cheese. Please be careful, don't go by names, but by ingredients. Cottage cheese or yogurt should contain *no added salt*, and *no fat*. Some patients have expressed doubt about their yogurt because it showed that it contained a small amount of sodium under "Contents". Please understand that *all* milk (and vegetables, too, by the way) naturally contain small amounts of sodium. So, if you see sodium listed in the contents, don't worry. It should *not* show in the ingredients list, since this would mean that salt was added.

You may occasionally find "farmer's cheese," which contains *no* fat and *no* salt and would be acceptable. (Check your labels carefully!) Also, some dairies produce "baker's cheese" for use in baking pastries such as cheese Danish. If this baker's cheese contains no salt or fat it may be used, whipped up with some non-fat yogurt and onions, garlic or chives — since it is quite lacking in flavor without additions. Safeway used to produce cheese for the same purpose, called "dry curd". This, too, is free of salt and fat and can be mixed with onions, garlic, or other herbs and can be a delicious spread for baked potatoes and vegetables. With a little maple syrup or honey, it can be used over stewed fruit or as a sauce with some dessert.

## From the Convention Circuit

### Schizophrenia, lymphoma, metastasized melanoma, osteomyelitis

by Charlotte Gerson

#### Mary Turpin

It is always an especially exciting experience to meet with one of Dr. Gerson's former patients. Mary Turpin, one such patient, attended our Gerson Convention in Baltimore in October, 1995. When I had a Gerson clinic for a short time in South Bend, Indiana in 1976, Mary was one of my helpers.

Mary married at age 27 and had a son one year later. In 1953 or '54, when Mary's son, Jed, was about 14 years old, he developed schizophrenia, diagnosed in the Children's Hospital in Champaign, IL. At that time, he did not receive any treatment. At 17, a gland noted on his abdomen was excised and biopsied and lymphoma was diagnosed. On further examination, infected lymph nodes were found throughout his system underarm, in the groin, and even in his liver. Mary was told that Jed would not live more than four months. Mary tried all over the United States to find treatment. A doctor suggested excision of the tumors from Jed's liver, but Mary refused. She found a chiropractor, Dr. O., who knew of Dr. Gerson and had done some research on the Gerson Therapy. He referred Jed and his mother to Gerson in New York — and Mary made an appointment for the next day.

After Jed started on the Gerson Therapy his schizophrenia began to abate and eventually disappeared. When Jed had been on Gerson Therapy for about two years, Dr. Gerson died, and Jed was rather frightened.

But there was another development: After Jed's birth, Mary had had two

more children. About one year into Jed's treatment, Mary was "always very, very tired." Once, when Jed had an appointment at Dr. Gerson's office, Mary was also examined. She had blood tests and urinalyses as well as X-rays, and cancer was found in her abdomen and liver. Mary immediately started on the full Therapy, together with her son. Jed was feeling fine after one year on the treatment, but Dr. Gerson urged that he do one more year. At about that time, Dr. Gerson died. Mary was better and had good energy after two years on the treatment.

A few years later, Jed married a woman who was a great cook and baked excellent cakes and pies. Some time later, Jed had a recurrence, had new tests and X-rays done, and went back on the full Gerson Therapy. He recovered again and, this time, he stayed well. He is now a healthy vegetarian, and still does some juicing. Mary is 85 years old, and remains well.

#### Norman Piersma, melanoma

In November, in Orlando, we were delighted to see Norman Piersma again, looking lean and fit. His is an interesting story.

We first published Norman's own report about his illness in *The Gerson Healing Newsletter*, Vol. 9, No. 2 (July/August 1994). Below is part of the letter he wrote to the Gerson Institute, dated May, 1994.

"Three years ago, having arrived three days before at CHIPSA, another tumor swiftly came up in my right axillary region. But growth stopped in three days

because my immune system had kicked in. Therefore, my most exciting Tijuana experience was to see this golf ball size[d] tumor disappear over a period of two months.

"This was the last I saw of my metastatic melanoma. And here it is, three years after they told me I had six months to live. ...

"Not only am I alive but I am in top physical condition. In the last several months, I've competed in the Senior Olympic Games in Michigan and Florida. I've won Silver twice and Gold once in the Racewalk. I am 67 and enjoying vibrant health. Why? Because the principles I learned in the Gerson Therapy continue to apply in the maintenance of optimum health."

Today, another year and a half later the story has taken a new twist: Norman told us in Orlando that he had actually followed the strict Gerson Therapy for some 18 months and then slacked off. Furthermore, he spent some time traveling in South America where he was completely off the Gerson type of foods. Some time later, he discovered a new tumor! Naturally, he went back to the strict treatment and the tumor, again, disappeared.

This illustrates an important point that we make repeatedly: While Dr. Gerson says in his book, *A Cancer Therapy: Results of 50 Cases* that patients are generally fully restored after 18 months on the Therapy, we are forced to warn our patients now that 18 months is no longer sufficient. Dr. Gerson's patients in the 1940's and 1950's,

(continued on page 7)

## Convention Circuit ...

(Continued from page 6)

were seriously ill and "had damaged, toxic livers," as is the case today. But Gerson also feared that 25 years hence (1975 or 1980), one would no longer be able to heal with foods. He foresaw the continuing degeneration of the soil, our foods, and the increasing use of toxic substances, from pesticides and fungicides to food additives and drugs. As he wrote this pessimistic forecast in 1958, we have long since passed the 25 year mark. The powerful Gerson Therapy is, fortunately, still effective. However, we have to observe some additional points:

1. Patients *must* use organically grown foods, free of poisons and rich in nutrients.

2. We have to assume that patients are now more seriously damaged from years of ingesting agricultural chemicals, food additives in large amounts and many more drugs than there were in the 1950's. This leads us to the inevitable conclusion that a restorative period of 18 months is no longer enough!

Gerson patients have been told for a number of years that they need to stay with the strict treatment for two years to fully restore the body and to be reasonably assured that they will not experience a recurrence. But even this extended period is not always guaranteed to result in a permanent cure. It is important to note that Dr. Gerson wrote in *A Cancer Therapy*, Case No. 7, p. 285: "This patient, as some others (15%), shows that in some special cases the duration of the treatment cannot be determined. The restoration of the entire body functions, especially the liver, is decisive and later the maintenance of this restoration is important. Otherwise the best accomplishments remain partial results only or temporary healing."

I am glad to be able to add to Norman's story that he not only went back to the full Gerson Therapy but he vowed that he would stay on a modified therapy in the future to be certain of his continued health and well-being.

### Elwood Goodier

We met several other patients in Orlando. One of these was Elwood Goodier, now 78, who reported that he was suffering from osteomyelitis as well as endocarditis early this year. When he arrived at the CHIPSA hospital in February of 1995, he was on heavy doses of morphine as well as drug patches in an effort to control his pain. The medications were minimally effective, but his original doctors did nothing else to address his underlying health problems. His pain began to abate while he was at CHIPSA, and has completely disappeared. He is now active and enjoying life.

While he was at CHIPSA, Elwood's mother-in-law was also being treated there. She had some fatty tumors, (presumably benign) and Elwood reports that these disappeared after two weeks on the Therapy.

Another patient, Ethel, reported that she had been suffering from breast cancer and had been heavily treated with chemotherapy. This left her failing, and extremely weak. She told us that she could barely walk the few steps from the CHIPSA hospital entrance to the elevator. After some six months on the Gerson Therapy she is vastly improved, walks, and has good energy. Of course, after only six months on the Gerson Therapy, we are not claiming a cure, we are only reporting her improvement.

Yet another former patient reported that he was at the original La Gloria Gerson Hospital in 1981. He had been diagnosed with colon cancer and was given a colostomy at that time. Since colon cancer usually recurs after two to three years, he used the Gerson Therapy to heal his body and avoid any recurrence. It did the trick, and he remains free of recurrence for just under 15 years. He says that he is feeling fine.

## Power Nutrition Seminars Offered in Carmel, CA

Saturday, Jan. 20, Mar. 9 and  
May 5, 1996, 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.

The 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 served on the Gerson Institute Board of Directors for over 13 years.

The price of the seminar is \$45 in advance, \$50 at the door. Students and seniors \$35 in advance, \$40 at the door.

To date, we have not produced any audio or video tapes of the **POWER NUTRITION** seminar, though we have had readers who reside in states too distant to be able to attend express interest in acquiring them. Audio and videotapes of the seminar remain a future project.

For more information, or to register for the seminar, call Howard Straus at (408) 625 3565, or write to: **Howard Straus, POWER NUTRITION SEMINARS, 25680 Tierra Grande Drive, Carmel, CA 93923.**

## Patient Story: Joergen G. van Zsidy, N.D. Recovering from Liver Cancer

by Charlotte Gerson

In early August, 1995, on the occasion of the Gerson Institute Convention in Montreal, we had the pleasure of meeting Dr. Joergen van Zsidy. He is very familiar with the Gerson Therapy and told us that he had used it to recover from his liver cancer. I was finally able to contact him so that we could get his whole story.

Dr. van Zsidy was born in 1933 and raised in Holland. Naturally, he was caught in the upheaval of WWII, including hunger and disease while growing up. Weakened by deprivation, he contracted tuberculosis. As a result of an injury, he also developed a severely infected leg — which was to be amputated, but, fortunately, he escaped this fate. Van Zsidy studied medicine and practiced psychiatry in Europe. After the war, he emigrated to Montreal, Canada. In order to practice medicine, he would have had to pass new medical exams; instead he chose teaching at the university level.

He lost his 11 year old son and his wife to cancer.

While on a trip through England in 1976, Dr. van Zsidy, in a hunting accident, fell from his horse. The horse rolled over on him, severely injuring his knees. This led to long term problems with his knees which eventually turned into arthritis.

In 1988, van Zsidy noticed that he was often extremely tired, lacked energy and had developed itchy spots all over his body. He was depressed, and, found that his chronic mild constipation became so severe that at times, he didn't move his bowels for four or five days. He also suffered from nausea and particularly severe headaches. He was taking aspirins and other medications to try to control

these symptoms. The problems finally reached a point where he consulted a practitioner for help. The practitioner's suggestions ranged from "the problems are age related" to "perhaps you should see a psychiatrist."

As time went on, van Zsidy developed fatty lumps, lipomas, under his skin. The lipomas were tested but proved negative for malignancy. Blood tests, however, showed a number of values "out of range," suggesting hepatitis. He also developed jaundice. In light of these new symptoms, he was tested for hepatitis A, B, and C — but those tests also proved negative. Eventually, about 1 1/2 years from the time he started to feel tired and depressed, he started to lose weight.

One day, he was unable to get up. He was weak, vomiting, and had swollen lymph nodes. He was hospitalized and was checked and checked but nothing could be found. Though he was seen in seven different hospitals altogether, no diagnosis could be made. By the time he had lost some 50 pounds (he now weighed 125 lb.), his brother was truly alarmed. He acquired and read as many books as he could find relevant to the subject. From all he could find, the advice was to maintain a high protein diet. So, van Zsidy started to eat a great deal of proteins; lots of eggs, milk, etc. And he continued to feel worse and worse.

Two and a half years earlier, his mother had suffered from colon cancer. She refused a colostomy, choosing instead to enter Ann Wigmore's clinic in Boston for help. There she recovered.

Van Zsidy, however, continued to deteriorate. He finally went to an internist who took a scan and found three

lymph nodes positive for cancer. The right lobe of his liver had a number of tumors; the left lobe also had one measuring 2 cm. x 3 cm. His feet were swollen and his abdomen was full of fluid (ascites). The liver was greatly enlarged; he could not even look at food — it nauseated him. He was taking pain medication, but he was allergic to Demerol. At this point, his doctors looked for possible treatments. It was decided that chemotherapy would not work; prednisone was out due to his prior bout with tuberculosis as a child. By this time, some two years from the time he first started to feel weak, ill and depressed, his weight was down to 98 pounds. He had gone into the hospital on January 8th, by early March, he was clearly dying.

Convinced that he would not survive, van Zsidy told his brother that he wanted to die at home in the country, where he could see the river and the hills. He was taken home by ambulance. There was a private cemetery on their property, so he asked his neighbor if he would please dig a grave for him. He seriously considered suicide, since he was incontinent and could not bear the loss of his dignity. His sleep was constantly interrupted with bouts of pain in spite of drugs.

One night, after an unusually lengthy period of sleep, he rejected the idea of suicide, and instead decided to go to Boston to Ann Wigmore's clinic. They would not accept him because he was bedfast and unable to take care of himself — so around-the-clock nursing was arranged for his care. He stayed at the Wigmore clinic for just under three months, and did improve somewhat.

*(Continued on page 9)*



**Dr. Joergen van Zsidy ...***(Continued from page 8)*

At about that time, he heard about Virginia Livingston, and also found the Gerson book. He was too weak to go to Mexico, but did manage to do the Gerson Therapy at home. He also called Jaquie Davison, a long-term recovered Gerson patient, who was very kind and encouraging on the telephone.

Based on all this new information, van Zsidy did the organic food, largely raw, the juices and the coffee enemas. And he continued to improve. He was amazed at the parasites and the extremely odorous stools he eliminated. His glands even swelled up, and he developed another bout with jaundice and an apparent obstruction of his bile duct. At that time, he increased his enemas to one every hour. Sometimes he could not expel them and suffered severe discomfort. Then he started to gain weight, one to one and a half pounds a week. Soon his energy returned. After about eight months, the arthritis in his knees had also cleared, and he started jogging.

Altogether, Joergen was on the strictest Gerson Therapy for about two years. During that time, he felt better than he "had ever, ever felt before". He now stays on organic, almost all raw foods and reports that he "never has a cold, no headaches, no pain anywhere" in his body for the last five years.

Dr. van Zsidy says he would be glad to help Gerson patients with the therapy. His full address is:

Dr. Joergen van Zsidy  
5370 Notre Dame de Grace  
Montreal, PQ H4A 1L3  
Phone: (514) 489-9940

Dr. van Zsidy is also organizing a Gerson Therapy convention in Montreal to take place on or about May 10-12, 1996. For further information, please contact his office at the above telephone number.

## Recurrence

### The cancer is gone ... now keep it that way!

by Charlotte Gerson

**Recurrence.** A word that strikes fear into the hearts of cancer patients, even those who have healed themselves before with the Gerson Therapy.

In the past few months, we have learned that several of our "cured incurables" after five, seven or even 12 years have suffered a recurrence of their cancers. We are clearly very disturbed about this news and would like to help our former and present patients to avoid such an event.

A recurrence of cancer is a new breakdown of the body's defenses.

In Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*, he says that patients on the Gerson Therapy are usually fully restored, with a newly functioning liver, after 18 months on the strict treatment. However, in a few cases, he warns a patient that his/her constitution is weak and may not be fully restorable, and that this patient would have to "stay close to the Therapy" for the rest of his or her life. He also felt that with the deterioration of our air, water and soil, it might not be possible "25 years from now" to cure with a nutritional treatment. Since the book was written in 1958, 25 years later would be 1983 - but we are in 1995, another 12 years later.

We have an additional difficulty: while a number of Dr. Gerson's patients were cured without the addition of liver juice, as time went by and people became more poisoned with the constant ingestion of pesticides, liver juice made an increasingly large difference in helping to detoxify and restore the liver. Due to

the continually and rapidly deteriorating state of United States cattle, we can no longer use liver juice. The animals themselves are sick with an epidemic of campylobacter (See *A Cancer Therapy*, Appendix III), and using raw liver juice runs the constant and unacceptable risk of passing this infection on to the already ill patients.

As we study a number of Dr. Gerson's 50 cases from his book, these people have survived for 40 years or more and have generally remained well. Yet, of the more recently "cured" patients, some are suffering recurrences!

Let us examine some individual cases. One lady who had colon cancer was examined and biopsied by her regular doctor before she went to the Gerson hospital and did the Gerson Therapy. After some six months, she went back to the physician who had examined her originally. He found no trace of the tumor (which he had biopsied), and not even any scar tissue in the area. This patient, ignoring Dr. Gerson's insistence on a therapy of at least 18 months, decided that she was "cured", and stopped the Therapy. In a relatively short time, she had a recurrence. Her organs and defenses were not yet restored, and there is no indication anywhere that six months on the treatment is adequate for a long-term recovery.

Another lady, also suffering from colon cancer, came to the hospital and did the Therapy carefully and exactly. After eight months, her tumor had also disappeared. Yet, in another six months, it had recurred. She came back to the hospital to find out the reason why and to try to reverse the situation again. After thorough questioning, it turned out that she had followed her dentist's advice to use baking soda (sodium bicarbonate) to brush her teeth! Had she checked the "Forbidden Foods" list in *A Cancer Therapy* she would have found that Dr.

**Join the Gerson  
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Health!**

## Recurrence ...

*(Continued from page 9)*

Gerson did not allow the use of baking soda even for rinsing or gargling. Apparently, sufficient amounts of sodium were absorbed through the mucous membranes in the mouth to stimulate new tumor growth. When she discontinued the practice, her tumor was again reduced.

In another case, a lady who was recovering from melanoma and had already been in good condition for many months, begged her Gerson doctor to allow her to eat pasta. When doctors are badgered with urgent requests, they are likely to give in! So, he told her that she could eat some organic whole wheat pasta. Unfortunately, he did not specify how often. This patient, since she was also working, started to eat pasta for dinner every night! In a number of months, her melanoma had recurred, this time in the liver.

These cases are understandable due to the clear infractions of the rules of the Gerson Therapy. But what about some of the others, people who have recovered and remained well for many years, and then have a recurrence?

One of the "cured incurables", having his energy well restored, enjoyed long daily swims in a pool. We generally warn all patients *not* to swim in chlorinated (and possibly fluoridated) water. Exposure to the high levels of these dangerous halogens can seriously damage the thyroid and iodine metabolism and cause new problems. In this case, the patient did not develop new cancer, but did acquire another chronic disease, prompting his doctor to prescribe prednisone, a steroid, for him. Steroids stimulate the release of painstakingly accumulated reserves from the liver, temporarily overcoming the symptoms of

disease. But with the liver again depleted, a recurrence of cancer is very likely.

Another patient who suffered a recurrence after years of good health and well-being (he even won various athletic records in his age group) lives in an area of California where agricultural chemicals are used with great abandon and total disregard for public health. I am frankly amazed that patients living in such areas are ever able to recover. When they relax their therapy and no longer detoxify, it is not at all surprising that cancer recurs.

### Protect yourself

What can we suggest to former patients to prevent such calamities?

Living as we do, in a toxic environment, I feel we have to adjust the therapy to help our bodies deal with the constant poisoning. First of all, as we always tell our patients, 18 months on the strict therapy suggested by Dr. Gerson no longer suffices; today it takes at least 24 months to restore the liver and essential organs to full health. In fact, we can't even be sure that two years on the therapy is enough. Therefore, it is highly advisable to take some juices daily for many years, possibly four to six glasses of carrot/apple juice. This combination can even be mixed with some greens. It may also be wise to use at least one half-strength coffee enema daily for some months after the two years are up. Never, *never* go back to a standard American diet (SAD). Let the bulk of your food consist of freshly prepared, organic fruit and vegetables, with the addition of perhaps a little boiled or broiled fish no more than once a week. Avoid chicken, even organically grown. (See the *Gerson Healing Newsletter*, Vol. 9, No. 1, May/June 1994). If you must eat pasta occasionally, remember that it is really nothing but whole wheat flour, deficient

in fresh live nutrients. Even whole wheat is virtually an "empty calorie food". Be very clear about eating such foods: just to digest, assimilate and eliminate these "empty calories," you are forcing your body to use its own reserves of enzymes and vitamins to metabolize the food — in other words, "empty calories" deplete your system, rather than nourishing it.

There are other things to remember in order to stay in good health. Dr. Gerson understood human nature very well and allowed his *recovered* patients to take part in family feasts when they occur: Thanksgiving, Christmas, a wedding, an important anniversary... Dr. Gerson said: Enjoy. But he also warned: "Do not let any of these damaging substances accumulate in your body! Take some enzymes after a feast, take an enema or two and *get rid of the damage*. And, of course, do not eat such foods regularly."

I should like to add another urgent technique: way back, grandmothers used to see that every spring and fall, the children would be purged with castor oil, cleansed internally. This was not such a bad idea. For former Gerson patients, I would suggest this: twice a year, spring and fall, go on the strict Therapy for two weeks, complete with castor oil twice a week during this time, 13 juices daily, no animal products, four to five coffee enemas a day, and high doses of potassium. Really detoxify and restore yourself! If this puts you into a fairly heavy healing reaction, stay with the program another week or two. And make a mental note about how important it was to go through this semi-annual cleanse.

Remember, too, the last sentence in Dr. Gerson's book. At the end of Appendix II, he says that in order to prevent cancer, "Eat as much as you can of raw food, keep the potassium level up, and take some iodine (lugol)." There is nothing wrong in supplementing your diet — forever — with potassium and a little lugol. Since there is no satisfactory test that can tell you that your body is fully restored, nor whether it is starting to be depleted again, make it your business to take the best possible care of yourself.

*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.*

## Gerson Institute and Cancer Curing Society offices to move

by Howard Straus

The past year has been one of success and growth of the Gerson Institute/Cancer Curing Society. Thanks to our subscribing members, a good patient load, the Independent Charities of America, our expanded advertising and our dedicated and hardworking staff, we have again outgrown the offices from which we have been operating, and must move, simply to keep pace with the workload.

This move will be a little different from past moves, however. The difference flows from moving across town boundaries. Our current offices are in the town of Bonita, California, as our other offices have been for the past 18 years. Our new office spaces will be in Chula Vista, the adjacent town. This means that, though the move is no more than a couple of miles closer to the 805 freeway, there will be new telephone numbers, a new street address, and other details that go along with expansion and moving locations. We will maintain our

ost Office Box, so our mailing address will remain the same: P. O. Box 430, Bonita, CA 91908.

The move is currently slated to be complete on or about February 1, 1996. There is much work to be done in the intervening month.

We will, of course be forwarding telephone calls to the new location, so that we are not suddenly out of touch.

For those of you who are organized, you may make note of our new office address and telephone number. They will be:

The Gerson Institute and Cancer Curing Society, 3130 Bonita Road, Suite 201, Chula Vista, CA 91910. Telephone: (619) 585 7600.

The new spaces are much more spacious and comfortable than our old offices. In consideration of our nonprofit status, our new landlords have generously given us quite attractive lease conditions. One of the best features is that adjacent office space is available for future expansion, something that we must consider now that we are growing so rapidly.

## Gerson Therapy Conventions and Lectures Winter/Spring, 1996

(Continued from page 12)

### Santa Fe, NM (Cont'd)

Directions: from I-25, take Cerrillos Road into downtown Santa Fe, turn left on Water Street, then right on Sandoval to hotel. Free parking is available in the hotel lot.

**Des Moines, IA** March, 1996, and  
**Austin, TX** Saturday, April 13, 1996  
are both tentative at press time. Call our 24 hour info line at 1-800-838-2256 for updated information.

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