



GERSON HEALING NEWSLETTER

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New Gerson Hospital Opens Relationship with CHIPSA Hospital and Gerson Research Organization Discontinued

by Charlotte Gerson and Chip White

The Gerson Institute has always striven to provide the best services to our patients, and to constantly expand and improve the quality of Gerson Therapy treatment. In keeping with this philosophy, we have recently (February 26th) severed our relationship with the CHIPSA hospital and the Gerson Research Organization, and terminated the authority of both organizations to administer the Gerson therapy or conduct other related activities involving the Gerson name.

We are now referring patients to Meridian Hospital, which has been treating patients with Gerson Therapy under Gerson Institute supervision since October, 1995. The Meridian management team takes a fully patient-centered approach to care, and has a very service-oriented philosophy. Current and former Gerson patients will be pleased to know that Alicia Melendez, M.D. and Luz Maria Bravo, M.D., two very knowledgeable and experienced Gerson Therapy physicians, have joined the Meridian staff to continue providing patients with high quality Gerson Therapy care. Between them, they have over 25 years of experience treating patients with Gerson Therapy under Gerson Institute supervision.

Already, several patients have commented to us that they received better service at Meridian than at luxury resorts they had visited. The combination of the management philosophy, commitment to full cooperation

with the Gerson Institute and its treatment policies and protocols, doctors' skill levels, and the added input of several Meridian staff doctors knowledgeable on compatible adjunctive therapies makes for a vast improvement in quality of service to patients. Meridian has also made an important commitment to the Gerson Institute to be proactive in the development and implementation of our physician training program, ultimately effecting a dramatic increase in the availability of Gerson Therapy treatment.

Patients who have been under the care of Drs. Melendez and Bravo can continue their follow-up through Meridian's outpatient consultation program. Patients of other physicians may either continue with their current treatment, or may switch to a Gerson physician at Meridian.

Since we have already received so many inquiries from our patients and members about the change, we feel that further clarification would be beneficial.

As those familiar with the Gerson Therapy will know, strict adherence to the Gerson protocol is necessary to achieve optimum results. At CHIPSA, we have seen, and many patients have complained about, deviation from both the spirit and the letter of the Gerson Therapy. We have also received numerous negative comments from patients

(Continued on page 2)

In This Issue:

New Gerson Hospital Opens

Page 1

Alternative Therapies

Page 2

Editor's Corner

Page 3

Important Notice

Page 3

From the Mailbag: Endometriosis

Page 5

From Charlotte's Clinical Notebook

Page 6

Spirulina: Helping to overcome Chernobyl's health effects

Page 8

Olestra, the new non-fat fat

Page 8

Hives Defeated

Page 9

Power Nutrition Seminars

Page 10

Gerson Therapy Convention and Lecture Schedule, 1996

Page 12

New Hospital ...*(Continued from page 1)*

about other aspects of care at CHIPSA. Further, patients often complained about contradictory information given by different lecturers at CHIPSA, much of which deviated from the true Gerson Therapy as we define it. After lengthy and frustrating efforts to bring about corrective action, we concluded that CHIPSA was unable to resolve these problems to our satisfaction.

The decision to discontinue our relationship with CHIPSA also affects patient outcome research and other functions formerly handled by the Gerson Research Organization (GRO).

In 1994, the Gerson Institute granted GRO limited authority to conduct patient review and outcome research on our behalf in the Gerson name. Since then, GRO has come to recommend, without our support or authorization, a variety of modifications to the Gerson Therapy, mostly characterized as "modernization" or "simplification". Certainly, much has been learned about human biochemistry since Dr. Gerson's death in 1958, and the Gerson Institute has always actively supported and advocated research into adjuncts or modifications to the Therapy. However, we are also extremely cautious not to incorporate any changes to the Therapy without thoughtful research and careful clinical testing. Dr. Gerson himself made some of these mistakes, we don't want to repeat them. It is for this reason, as well as the lack of consistency between information disseminated by GRO and the Gerson Institute, that we have felt it necessary to terminate our relationship with GRO.

The Gerson Institute will be assuming responsibility for outcomes research and patient follow-up, and will be initiating study into a number of additional areas not addressed by GRO.

Plans are also actively underway to establish our first Gerson Therapy center in the United States. Although no details are yet available, the plan is for the center to be a full Gerson inpatient facility operated as a non-profit organization, located in one of the Western states. The U.S. center may well be open before the end of this year.

We are very pleased about these new developments. Interest in the Gerson Therapy has grown explosively in the last few years. We hope that you will continue to support the Gerson Institute as we grow and change to accommodate the increased need for our work.

Alternative Therapies Slowly gaining mainstream acceptance

by Charlotte Gerson, President, The Gerson Institute

On January 1, 1996, the *Los Angeles Times* carried a front page article titled *New Life for Old Remedies*. We felt this to be a very important development. Our members and other friends will surely find it encouraging that "old remedies" (the true healing of herbs, nutrition, acupuncture, homeopathy, etc.), according to this article, are once again finding acceptance. Since orthodox doctors, too, are spokesmen, we would like to report in some detail on this front-page news article.

The article's subtitle reads: "No longer dismissed as fringe ideas, such 'traditional' therapies as acupuncture and herbs are going mainstream. Once-ways doctors are using them to complement conventional medicine." The article was written by Marlene Cimon, *Los Angeles Times* Staff Writer.

The article opens with a report on a patient suffering cruelly from one of the most violent pains known: trigeminal neuralgia. The pain is caused by a nerve

inflammation in the cheek. Narcotics and nerve blocks gave this patient only little relief, and had severe side effects: the patient was unable to sleep, couldn't concentrate and suffered from depression. The physician who was finally consulted, Dr. Brian Berman in Baltimore used homeopathic remedies, derived from herbs. Within six months, the pain receded by two-thirds. The patient continues to use these remedies, and is able to keep the pain under control.

The author continues: "Now many other doctors are beginning to do the same thing. They have discovered that integrating the unconventional with the mainstream not only can provide relief but also can do so with fewer side effects and without more invasive procedures, such as surgery." More and more scientific evidence is strengthening approaches once considered radical or alternative, that are now being considered "complementary". The article claims that many physicians, "even those most resistant to alternative medicine," are now taking a second look. The article

*(Continued on page 4)***Publication Schedule**

The *Gerson Healing Newsletter* is published bi-monthly by the Gerson Institute and 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

Please address all letters and comments to:

**The Gerson Institute and
Cancer Curing Society**

P. O. Box 430

Bonita, CA 91908-0430

Tel: (619) 585 7600

Fax: (619) 585 7610

e-mail: info@gerson.org

URL: <http://www.gerson.org/>

Charlotte Gerson, President
Howard Straus, V. P., Communications
Chip White, V. P., Client Services

Editor's Corner

by Howard Straus

The Gerson Institute and Cancer Curing Society, as many of our readers have discerned by this time, is going through a period of transition and change, necessary for our growth and strength into the next century. Our current article on Alternative Therapies (p. 2) and their grudging but nonetheless growing acceptance by conventional physicians takes note of an underlying trend by American medical care consumers to choose such therapies over cold, technological, impersonal, often arrogant and usually expensive conventional practitioners.

Americans have also shown a willingness to spend "their own" money as opposed to receiving "free" medical care paid for by their insurance coverage. This trend is not being missed by conventional physicians, after all, these are their customers who are walking out the door. More and more physicians are softening their stance on alternative therapy, even to the point of wanting to learn more about its potential to be incorporated into their practices.

To those of us who have followed the relatively vitriolic battle fought over the years by the medical and governmental establishments against alternative and holistic therapies, this new acceptance comes as stunning and welcome news. At long last the therapies that we want will be legal in our own country, often for the first time in decades. We will no longer have to leave our own country to get effective treatments for conventionally intractable diseases. We will no longer have to rely on an underground network of friends and acquaintances to find the practitioners and substances that we need to stay healthy.

The effect of these changes on the Gerson Institute and Cancer Curing Society are magnified enormously due to the controversy bestowed on us by medical, commercial and governmental establishments. Since we have been unable to operate hospitals in the United States, we have been branded as "quacks" and charlatans by physicians and regulators, who have no better means of competing with us than name-calling and legal maneuvering. If they had better

results, indeed, any substantial results at all with degenerative diseases, people would not be seeking alternative treatments in Mexico. If, due to the changing legal and insurance climate, we are now able to license hospitals and physicians in the United States, change could be rapid and widespread.

The shift is already occurring, thanks to our readers, supporters, patients and millions of others dissatisfied with the current state of medical affairs. Therefore, it has become incumbent on the Gerson Institute to structure our organization so we will be ready for the coming growth and acceptance. We can no longer simply be a more or less underground group that helps people in their last ditch attempts to beat their "incurable" diseases, though that has been our honorable and often successful rôle for nearly twenty years. We must prepare ourselves to participate in public debate with conventional medical therapies, including research, publication, statistics, papers, legal and professional structures, and so forth. In short, we must become a professionally operated organization with all the underpinnings that make a group strong, resilient and long-lasting.

In response to these changing requirements, we have shifted our support from the CHIPSA hospital, which has been our medical facility for the past 18 years, to Hospital Meridian (see lead article, p. 1). It is no secret to patients that, though we have been successful in treating diseases at CHIPSA, we have constantly had to struggle to ensure that the hospital and physicians adhered to the letter of the Gerson Therapy, their supposed *raison d'être*. In Hospital Meridian, the Gerson Institute feels that we have found a group willing and able to provide the level and quality of care that Gerson patients deserve from their caregivers.

We have also instituted a program to ensure that the Gerson name is properly used, and applied only to the therapy developed by Dr. Max Gerson, and specified in his book, *A Cancer Therapy: Results of 50 Cases* and interpreted by the Gerson Institute. Hospitals, physicians, and support groups alike will now need to apply to the Gerson Institute for certification and permission to use the Gerson name. This will ensure that those who use the name are using it properly,

and furthering the purpose that Dr. Max Gerson intended, a goal we have worked long and hard to achieve: better health for all and the eradication of chronic, degenerative diseases. In general, support groups will be given permission to use the Gerson name with minimal requirements. It is primarily physicians, hospitals, medical education facilities and other organizations who will need to go through the more rigorous certification procedures, so that we can send patients and others to them with confidence that they will receive quality care and education.

There will be, and have been, temporary perturbations in relationships that have grown and been useful for decades. Much of that is due to past, often *ad hoc* business practices that we are now remedying. We beg your indulgence and patience with us while we are reconstructing.

Important Notice

by Howard Straus

In recent months we have received complaints from members of the Gerson Institute who have joined or contributed to the Gerson Research Organization in order to receive their *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.

Please note that the Gerson Institute and the GRO are not only two separate and distinct organizations, but the Gerson Institute has dissolved its association with GRO (lead article, p. 1), and no longer considers GRO a Gerson-related organization, due to its significant and consistent departures from the Gerson Therapy as articulated by Dr. Max Gerson. We have requested that they cease using the name Gerson in their title and literature, and in patient contacts.

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

Alternative Therapies ...

(Continued from page 2)

quotes Dr. Nancy Dickey, a family practice physician, chair of the board of trustees of the American Medical Association, a most conservative even reactionary organization. Dr. Dickey admitted that "if I had a patient who said, 'I quit using codeine since I started doing acupuncture', I'd say, 'Terrific.'"

Since these so-called "alternative" methods are, in fact, the ancient and original approaches to treatment of illness, they are actually "traditional" medicine. Outside of the United States, they are referred to as such. According to the World Health Organization of the United Nations, 65% to 80% of the world's health care services are what we would call alternative. Dr. Wayne B. Jonas, director of the National Institutes of Health Office of Alternative Medicine (OAM), is quoted as saying that "These become complementary, alternative or unconventional when used in Western countries. Even in countries where modern Western biomedicine dominates, the public makes extensive use of unconventional practices."

A 1990 study showed that one in three Americans saw an alternative health care practitioner that year. More than 80% used alternatives in conjunction with conventional medicine, according to the NIH. However, an item in *The Cancer Chronicles*, published by People Against Cancer, discusses a summer 1993 convention of the AMA, in the

course of which delegates proposed a resolution condemning "recognition and endorsement of non-scientific alternative medical care paltriness". This was done in the name of "freedom and patient's rights"! According to the logic of B. J. Kennedy, MD, a delegate from the American Society of Clinical Oncology, "Use of these therapies interferes with patients' access to regular medical care."

According to a report under the heading of "Abstracts" in the journal *Alternative Therapies in Health and Medicine*, January 1996, Vol. 2, No. 1, "A survey by David Eisenberg and colleagues indicated that in 1990, consumers made an estimated 425 million visits to providers of alternative therapies (they also made 388 million visits to primary care physicians) and spent \$13.7 billion, mostly out-of-pocket (they spent \$12.8 billion out-of-pocket for all hospitalizations during the same period). It was estimated that one of three Americans used alternative therapies in 1990, and most did not tell their physicians they were using these therapies."

After the results were in from a carefully designed questionnaire, the journal continues, "180 physicians returned completed questionnaires; 70% to 90% considered many alternative therapies to be legitimate and a majority had referred patients to nonphysicians or used these therapies in their own practice. Of the respondents, 70% expressed interest in training in multiple areas of alternative medicine."

Medical schools are beginning to add training in alternative therapies to their curricula. "Insurance companies, health maintenance organizations and other health plans have begun to cover alternative treatments in part," the author continues, "because they often cost less than standard procedures, and also because customers want them."

A most interesting item follows: it seems that physicians themselves have become "consumers of alternative medicine" says Dr. James Gordon, chairman of the program advisory council of the NIH's OAM. "I've certainly seen physicians change because they had a health problem that was not helped by conventional

therapy." Dr. Gordon had injured his back and obtained no relief from "orthodox" remedies, but was apparently helped by an osteopath.

"The NIH's Jonas points out that a new drug's average "half-life" or period of peak use is about 20 years. Homeopathy has been around, unchanged, for almost 200 years, acupuncture for more than 2,000 years, prayer and spiritualism for at least 20,000 years. And if one believes reports of monkeys using plant products to regulate their menstrual cycles, herbalism, probably the oldest, has been around for greater than 200,000 years."

Homeopathy was originally introduced from Europe by Dr. Hahnemann and is based on the idea of "like cures like". Homeopathy consists of treating a disease by giving highly diluted preparations of substances that, in larger doses, actually cause the same symptoms. The author of the article quotes several success stories with alternative medicine, including that of the wife of a physician, herself a nurse, who could not stand the side effects of the painkillers she was taking to treat fibromyalgia. She was highly skeptical but, with acupuncture, homeopathy and herbs, she could wean herself off drugs. [The wife of a patient at the Gerson Treatment Center, who was suffering from fibromyalgia, was cleared of her pain in *three days* by simply eating the organic vegetarian, unsalted foods served at the hospital.]

Many doctors are still resistant to alternative medicine, partly because they feel that there is not enough scientific evidence demonstrating its effectiveness, and that most of what evidence there is, though striking, is "anecdotal". Dr. Berman predicts that it will take another decade for society to undergo a major transformation in its acceptance of alternative therapies. He feels it will only

(Continued on page 7)

Due to extremely high bank charges for foreign currencies, we can only accept checks or drafts for US Dollars for memberships, books, video and audiotapes.

Join the Gerson Institute ... We Communicate Health!

From the Mailbag: Lynn von Shneidau Endometriosis and Shingles

by Charlotte Gerson

We are always very happy to hear from our members and other friends. Often, their letters are so important and interesting that we want to share them with everybody.

Dear Charlotte,

My name is Lynn von Schneidau. I was a patient at the Gerson clinic 10 years ago next month. Although I have been in contact with Gerson over the years and have helped many other patients with the therapy, this is the first time I have written about my personal success story as a Gerson patient. The disease I had was endometriosis, which I developed at the

Pregnancy was their "cure" for endometriosis. That was not an option for me at that point. The doctors told me Danocrine was a male hormone which would make me gain a little weight, grow facial hair and make my voice deeper. I began taking the drug for only a short time with ill side effects. The pain continued to get worse through 8 different drugs. I was told to have a diagnostic laparoscopy to make sure it really was endometriosis and to cauterize any tumors they could see. Again, the pain became worse after the laparoscopy. During this time I began researching the effects of the drug Danocrine and many other drugs. What the doctors did not tell me about Danocrine



Lynn Von Shneidau's children, Zachary, Jenna and Nicholas (L-R)

age of 22.

Endometriosis occurs when the uterine lining backs up in the system and causes bleeding tumors in various parts of the body. In my case, the tumors settled in my left ovary and on my sciatic nerve. These tumors would cause excruciating pain for several days once a month.

I attempted to deal with the pain on my own for about a year. I began seeing doctors about my pain and was diagnosed with endometriosis. The first doctors I saw told me they could prescribe Danocrine or I could get pregnant.

is that in addition to masculinizing me it could also damage my liver, kidneys and make my brain swell. I discontinued all drugs and became a patient at Scripps hospital in La Jolla, CA.

At Scripps, the doctors prescribed a psychiatrist and a second surgery. During this "diagnostic" surgery, they would again cauterize any endometriosis, remove my appendix (because it had no purpose and they were in there), cut the nerves in my back, and with or without my consent, if there was something they did not like, they would perform a full hysterectomy.

The procedure of cutting the nerves in my back was to help alleviate the pain on my sciatic nerve. There was only a 50% chance of it doing anything for the pain. The nerves they were to sever were ones that control my bladder and allow me to feel labor.

Hearing what was in store for me, I asked my mom about the Gerson therapy. She had learned about Gerson through research for a friend and had been at the hospital briefly years earlier.

I began the Therapy at Hospital del Sol shortly thereafter. I was free of endometrial pain within two weeks on the full therapy. I continued on the full therapy for three months with the help of my parents and husband (boyfriend then). My mom made 13 juices per day, would drive 40 minutes twice a week to pick up our air-shipped produce (no one in our town in Iowa had organic produce at that time), and helped me follow the therapy to the letter. I then followed the modified version for one year. I continue to eat organic foods and drink three juices per day.

I now have three children which I had in the last five years. They were all born at home with the assistance of midwives. All births were waterbirths. Each birth was completely natural; the babies came when they were supposed to, no drugs were used to induce me or alleviate any pain. The water relieved the pain and each birth was a wonderful experience. I ate healthfully during my pregnancy and my children eat well to date. My children have all been to a doctor only once in their lives for a healthy [child] checkup.

My life completely changed as a result of the Gerson therapy. My views of eating healthfully and how to take responsibility for one's own health are a result of Gerson's philosophy. I have just moved to Seattle, Washington to begin studying at Bastyr University to become a Naturopathic physician because of the experience I had at Gerson and the many people I saw the therapy cure while I was there. I hope to be able to give other people what I was given.

Lynn von Shneidau

(Continued on page 7)

From Charlotte's Clinical Notebook

Melanoma, Psoriasis, and a wonderful day at the Gerson therapy hospital

by Charlotte Gerson

I have often been asked by nurses and other caregivers, "How can you stand to work in a cancer hospital? It must be so depressing and discouraging!"

Nothing could be further from the truth. Almost every time I visit patients at the Mexican hospital there are some good, often dramatic improvements, even though a large percentage of the patients arrive in "terminal" condition. Sometimes, however, the experience is particularly exciting and satisfying.

Melanoma, Psoriasis

In December, I visited a patient who had come from England. She was suffering from widespread melanoma. Her local physician had nothing to offer her. The melanoma tumors had spread around her neck, under each axilla, in her biceps and she had many tumors in the lymph nodes in her groins. Many of those tumors had spread into her abdomen. To her tremendous joy and surprise, most of the tumors were *gone* in about two weeks. There was one very small tumor left in her arm, which was a little sensitive. She told us that she had also suffered with psoriasis on her arms and trunk for some 30 years, with dry flaky skin. In two weeks, her skin had become perfectly soft and smooth and the psoriasis was gone!

A Wonderful Day

A day in early January, turned out to be one of those magical days when just about every single patient was not just doing well, but was improving dramatically. I visited one patient after another, my mood improving as I saw each patient's progress.

One patient had arrived about two weeks earlier in extremely serious condition with lung cancer that had invaded his bones and his brain. He had been treated with chemotherapy, but was given no hope of survival. His

physicians at home had given him pain pills and he was understandably in despair. From almost the first day on the Gerson Therapy, he did not need the pain pills, was beginning to see the possibility of recovery, had new confidence and was again willing to fight for his life. He was able to take his meals with other patients in the dining room and attend lectures.

A colon cancer patient was looking much better, was mentally clear again, and had renewed energy. An ovarian cancer patient, badly damaged by chemotherapy treatments, was also

**In about four weeks...
the watermelon-sized
lymphoma tumor on
his neck had gone
down to the size of a
flattened orange.**

much better and beginning to be able to hold down food and increase her juice intake. There was a very positive mood among all the patients. Hope and confidence had returned.

There were two patients whose histories were especially notable. One of these was a woman who had arrived at the hospital in severe pain. She had originally suffered from breast cancer that had eventually spread to the bones: spine, shoulders and pelvis. Bone pain is a deep and unremitting pain for which she was taking two codeine tablets every three to four hours throughout the day. After about a week at the hospital, she was taking pain tablets just twice a day, was able to eat and sleep and was making a remarkable recovery. She told me that if she lay quite still, she suffered no pain at all.

At that, I suggested that it would be best for her to simply stay still, so she would not need any painkillers at all. (Drugs simply add to the toxic load of the body and inhibit healing.) Sure enough, by the time I saw her on that wonderful day, she was happy to report that after only ten days on the therapy, she was free of pain, off her drugs, eating and sleeping very well, and able to go to the bathroom. Prior to her arrival, she was so weak that she could not walk.

A few rooms further along, I had another joyful surprise. Here was John, with an incredible story. He had long suffered from lymphoma, but had managed to control it using a partial Gerson Therapy. On only a partial therapy, however, the body could not maintain its balance indefinitely, and the tumors began growing rapidly. He had two areas of very visible swellings. He had arrived at the Gerson hospital with a watermelon-sized tumor on the right side of his neck so large that it pushed his head over to the left side. This tumor put so much pressure on his windpipe he could barely breathe. It seemed to obstruct his lymph system as well, with the result that his lungs filled with fluid. He was literally drowning. He had a huge swelling around his right shoulder and down his ribs with a large round orange-sized tumor under his arm. He needed oxygen to breathe, and was extremely weak and frightened. He had originally been taken to a U.S. hospital, but he told us that the physicians there refused to tap his lungs *unless* he agreed to take chemotherapy. He refused the chemotherapy, and he felt that they might have let him drown. He called it "blackmail".

When he arrived at the Gerson Therapy hospital, he was still on oxygen. His lungs were tapped twice to remove

(Continued on page 8)

From the Mailbag ...

(Continued from page 5)

Lynn's mother also wrote, and added some further interesting information.

Dear Charlotte,

The Gerson Therapy may have worked too well for Lynn. She had her third baby in four years last March. They were all delivered at home by midwives, and are darling, healthy children - two boys and a girl. Without your father's therapy, I'm certain Lynn would never have been able to have children. Her endometriosis was so severe and had done so much damage to her body.

We appreciate too all the work you've done over the years. There was some misinformation, however, in a *Gerson Healing Newsletter* that was sent out in 1995. In it you stated that the Gerson Therapy was the only cure for shingles. This is not true. In 1983 our son was cured of shingles in *two days* by a doctor in Boulder, Colorado. He gave him massive doses of Vitamin C and some B vitamins administered by I.V. The doctor's name is M. P. Ogden. He's a retired osteopath and I don't even know if he's still living. But the man who runs the Key Company in St. Louis knows him well. The last number I had for Dr. Ogden was (303) 499-2733. The number at Key Co. is 800-325-9592. I think the man's name is Bud.

I hope you will print this information so that people who can't afford the Gerson Therapy will still be able to find relief from shingles if they can find a doctor who will administer the Vitamin C."

/s/ Joan B.

A reader takes action on root canals

The husband of a Gerson Therapy patient reports on results he and his family obtained when they looked after their teeth and cavitations. He writes:

"... The fact that I got my wife to the [Gerson] clinic at all was a small miracle. ... that book you added to your order form just as Cora was entering [the Gerson hospital], *The Root Canal Cover-up* — this book to me was stupendous.

"My daughter could not carry a

pregnancy. She had had two of her teeth knocked out in a bicycle accident when she was 12, she also had one wisdom tooth that had been removed, and suffered from extreme anxiety attacks. After the dental surgery [to clear the root canal damage] everything cleared up and she is well into a pregnancy.

"My son Gabe is one year older than my daughter. He is out of the Navy and going to college. He was plagued with migraines and was having a terrible time. He had had three wisdom teeth removed in the Navy and one tooth missing from an accident. The dentist, so far, has got the worst wisdom tooth cleaned out; the rest are scheduled. The bone was bad to the sinus membrane. His migraines are gone from that side. Up to this point he had been on a vegan diet just to survive. Now he is almost normal, showing a complete personality change.

"My own health problems had been quickly mounting the last two years. I had six root canals! So, I had them all taken out in two surgeries — and my symptoms are clearing up so fast that if I didn't have them written down, I'd think I was dreaming. Psoriasis on my upper face for ten years is disappearing overnight. My constant left kidney ache is gone. My intolerance to coffee is gone. A wart that used to be just a brown spot has quit itching and seems to be going away. It is definitely smaller. My feet, which have had the cold sweats ever since I can remember, cleared up the next day. I didn't know that this was a symptom. I may have regained my good health overnight — I am 58."

This gentleman also reports on his wife's improvements but they are extensive and complicated and, I feel, do not belong here. We will write more about her when she is recovered.

Kudos via the Internet ...

A short note arrived by email. It is greatly appreciated:

"My dad, George D. Taylor, has been on the therapy (melanoma) for three years with fantastic results, and my brother and I have been on a modified version for the same three years with equally fantastic results. So, congratulations on a great therapy and up keep up the good work!"

Alternative Therapies ...

(Continued from page 4)

happen when there is enough "scientific" evidence to prove these therapies effective. The author also admits that even though doctors are more and more willing to turn to alternative medicine, the medical establishment in the United States is so strong that it is still able to define what "health care" should be. Physicians are still being taught that alternatives are mostly folk medicine, supposedly a "less evolved" form of medicine.

The fact remains, however, that the public is becoming demonstrably more disenchanted with the ineffective treatments of allopathic, technological medicine, especially for degenerative diseases, and is "voting with their feet" by their patronage of alternative practitioners, for the ancient methods that still work.

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*If, for some reason
you are no longer
using your
Norwalk or K&K
juicer, please
donate it to the
Gerson Institute.
We will use it to
help others on the
Gerson Therapy,
and you will get a
tax deduction, too.
We'll even pay the shipping!*

Spirulina

Helping to overcome Chernobyl's health effects

reprinted from the *Yoga Journal*, February, 1996.

"Spirulina — an edible algae claimed to have beneficial effects on the immune system — has been getting kudos in Russia, where the Grodenski State Medical University has patented its use as a medical food in the treatment of radiation sickness incurred by the children of Chernobyl.

"According to the patent document released by the Russian Federation Committee of Patents and Trade, the researchers built their work upon earlier findings showing that children living in highly radioactive areas had chronic radiation sickness and elevated blood levels of immunoglobulin E (IgE) — a marker for high allergic sensitivity, particularly as it relates to radiation poisoning. They then isolated 35 Chernobyl preschool children (20 boys and 15 girls) and prescribed a daily dosage of about five grams of spirulina for 45 days. In all 35, IgE levels dramatically decreased, without side effects of any kind, while IgE blood levels did not change in the 15-child

control group. Researchers concluded that the consumption of spirulina lowers IgE amounts in the blood and raises T-cell counts, which in turn reduces radioactivity and normalizes atypical allergies in the body.

"The spirulina that made this patent possible was ecologically grown (without pesticides or herbicides) in the California desert by Earthrise Farms and was jointly donated by Earthrise and Dainippon Ink & Chemicals of Japan. Says Earthrise president Richard Henrikson, 'we've been sending our spirulina to children's radiation clinics in Chernobyl since 1990, because we knew spirulina could make a difference in these children's lives. We had hoped that these contributions would stimulate exactly the kind of medical research that led to this patent. Our society needs more holistic approaches to healing, and spirulina is definitely one of them.

"For more information contact: Earthrise Co., 424 Payran St., Petaluma, CA 94295. (707) 778-9078."

Clinical Notebook ...

(Continued from page 6)

the fluid from his lungs, so he could breathe. Then the miracle began: by the time I first saw him, the watermelon-sized tumor on his neck had gone down to the size of a small cantaloupe. My next visit occurred just two days later, on that magical day. I could hardly believe my eyes: the tumor had simply melted down and was now the size of a flattened orange, and was remarkably soft. He was off oxygen, as his lungs were working, and the huge mass around his right arm was down by more than two thirds. He was bright and smiling, his rosy cheeks belying his 60 years. This patient's dramatic recovery has since continued. After almost four weeks, the large tumor has shrunk to a

very small, soft mass, probably no longer filled with malignant tissue, which tends to be quite hard. The same is true for the mass around the right shoulder and arm. He eats and drinks well, sleeps well, is very happy and looking forward to a total recovery. He is able to hold his head straight once again, since there is now no tumor pressing it to the side.

We see many especially dramatic responses in lymphoma cases, often even after chemotherapy, but I still feel that the above case was an exceptional one. It is possible that this patient may have responded so well due to his relatively long term use of a partial Gerson Therapy.

Olestra

The New Non-fat Fat

by Charlotte Gerson

On Thursday, January 25th, 1996 an article appeared in the *San Diego Union-Tribune* describing the new 'fake fat' Olestra, which has just been approved by the Food and Drug Administration (FDA). It is called "the agency's gift to thinner cooking". While it apparently causes some immediate problems, such as gastrointestinal cramping, gas, and more importantly, robs the body of nutrients, the article states that "Americans seem ready to lap it up".

Proctor and Gamble developed the product which will be marketed under the name "Olestra". It will be sold to companies that make snacks, such as potato chips, tortilla chips and crackers. It is thought that Olestra could also be used eventually in sweet products, such as cookies and brownies, although the present FDA approval is limited to salty snacks. The approval process has to start all over again if the company wishes to use the new product in other foods.

The author of the article, Shankar Vedantam, goes on to explain that Olestra is made in such a way that the human digestive system can't absorb it. It is excreted undigested and leaves the body with less sticky fat. Critics claim that it also causes stains in underwear (known as 'anal leakage') and gastric troubles along the way. The FDA approved the product after an eight-year investigation as "safe", but with a warning to customers: Olestra may cause abdominal cramping and loose stools, and it inhibits the body's absorption of certain fat-soluble vitamins and nutrients, according to a press release from FDA Commissioner David Kessler. In order to counteract this side-effect, Proctor and Gamble will add vitamins A, D, E and K to Olestra to try to prevent it from "stealing those nutrients from the body." The fat substitute also reduces the body's absorption of carotenoids, nutrients found in carrots, sweet potatoes, green-leaf vegetables and some animal tissue. The FDA has asked the company to monitor consumers for adverse health reactions. In a further article published in the *San Diego Union-Tribune* on

(Continued on page 10)

Hives Defeated

Coffee provides relief ... but not forever

by Charlotte Gerson

About four or five years ago, a gentleman called our office. He was tremendously excited and couldn't stop talking. He thanked us profusely for everything we were doing ... but we had no idea what he was talking about. He identified himself as "Ali" (not his true name), but we had never heard of him. It took a little while to calm down his enthusiasm to get the whole story.

Ali is a Lebanese national who had come to the U.S. several years earlier. (We have seen a number of people immigrating to the U.S. from abroad and becoming ill in a relatively short time. We are guessing that this is due to the change in food, the increased amount of additives that they consume, the fast foods, and other adverse influences of the American lifestyle.) Ali had developed hives that had covered his whole body and tortured him with itching. He couldn't sleep, and, as a result, was tired all the time. He had trouble concentrating and found it difficult to do his business. He was well-to-do and consulted several doctors who gave him drugs to try to control the itching or help him sleep, such as prednisone and sleeping pills. Nothing helped. He had gone to university clinics, specialists everywhere, and over the course of several years had spent in excess of \$100,000 trying to find help for his problem. In each case, though the doctors gave him more or different drugs, his hives got worse and he suffered additional side effects. He had become quite desperate.

Somehow Ali found Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*. He was well aware that he didn't have cancer, but he was ready to try anything. One of the first things he did was to take a coffee enema. To his joy and amazement, his first enema gave him 12 hours of relief from itching. The next day, he took another one, and again got

12 hours of relief. It didn't take him long to figure that two times 12 is 24, so he started taking two enemas daily, at 12-hour intervals, and got complete relief from his hives for the first time in years. That is when he called us to praise our work and thank us for being there. He traveled from Los Angeles to our office with his family to meet us, plied us with presents and couldn't do enough for us. Soon he weaned himself from all drugs, and remained free of hives. He couldn't get over the fact that this cure had cost all of \$14.95 for *A Cancer Therapy* compared to the \$100,000 plus he had spent fruitlessly on doctors and drugs.

We had to warn Ali of the following phenomenon: for a while, the detoxifying suffices, but if you continue to consume the same toxic substances that caused the hives in the first place (food additives, excess meat, or salt, for instance), they may come back. Sure enough, some years later, Ali called again: some of the problems had returned. We urged him to do more than just the enemas this time: eat organic, vegetarian foods, cut out heavy food, gravy, fast food, and start drinking some juices.

One recent evening, Ali called us again. He is once more happily free of hives. But he has a new problem: frustration. About a year ago, he had called the Gerson Institute regarding a good friend who was suffering from cancer that had spread to his liver. Ali asked if we could help, and we discussed the situation with him, telling him of some similar cases that had recovered on the Gerson Therapy. Try as he might, he was unable to convince his friend to try the Gerson Therapy. The friend treated his cancer the orthodox way, and died.

Like so many others, Ali is frustrated about the difficulty of spreading the good word to friends who are ill with advanced cancer or other serious problems. People are often so medically oriented that the idea of alternative treatments is hard to accept when they are faced with a life-threatening disease. The fact that orthodox medicine has no cure for their disease does not seem to alter the situation. In his latest call, Ali told us of two more of his friends who urgently need help and asked whether their illnesses could be treated with the Gerson Therapy.

Many of our former patient and others who know of the benefits of the Gerson therapy have experienced the same frustration with acquaintances and family members who have a disease deemed "incurable" by the medical profession. Having experienced the benefits of the Gerson Therapy, they wish to share and help their friends or relatives, only to be rebuffed, and perhaps even considered slightly "loony". It is difficult to be a lone voice in the wilderness. We would urge you not to become discouraged by the lack of acceptance of many, but to be happy, instead, at the few that you have been able to help. Saving even one life, especially if it is that of a loved one or close friend, is a gratifying experience.

Cancer, a growth industry

Item found in *The Cancer Chronicles*, September, 1993

"Cancer-related drugs continue to grow at a healthy clip, according to the Bureau of the Census. In 1991, shipments of drugs as a whole were \$36.6 billion, an 8% increase over 1990. Not bad. But in the same year, 'prescriptions affecting neoplasms [cancer] endocrine systems and metabolic diseases' increased by a remarkable 22 percent. Specific anti-neoplastic agents (chemotherapy) shipped totaled \$782,914,000."

Gerson Therapy Convention and Lecture Schedule — Spring/Summer, 1996 (cont.)

(Continued from page 11)

Montreal, Quebec, Canada

Saturday, May 18th, 1996

Gerson Therapy Seminar

Lecture and Workshop by Charlotte Gerson

Location: Château Champlain, 1 Place du Canada

Montreal, Quebec H3B 4C9 Tel: (514) 878 6758

Directions: From Ottawa or Toronto: from Hwy 720

East, exit de la Montagne/St. Jacques St. Turn left at St.

Jacques St., and left again at Peel Street. Hotel is 2

blocks along. From Vermont or Quebec: from

University turn left on de la Gauchetière St., and left

again on de la Cathédrale St., then right on St. Antoine

and right again on Peel. Hotel is on right hand side. For

more information, please call the Gerson Institute at (619) 585 7600.

A Gerson exhibit table will offer Gerson Therapy

information, books and video tapes

Ottawa, Ontario, Canada

Sunday, May 19th, 1996

Gerson Therapy Seminar

Lecture and Workshop by Charlotte Gerson

Location: Sheraton Ottawa Hotel and Towers, 150 Albert

Street, Ottawa, Ontario K1P 5G2. Tel: (613) 238 1500

Directions: Take 417 (Queensway) into Ottawa, exit

Nicholas Street. Turn left at the second light. This street

turns into Albert Street. Sheraton is on the left after the

third traffic light. Free parking available across the street

in World Exchange Plaza parking garage.

A Gerson exhibit table will offer Gerson Therapy

information, books and video tapes

St. Louis, MO

Saturday, June 8th, 1996

Gerson Therapy Seminar

Location: Location not available at press time. For

more information, please call the Gerson Institute, Tel: (619) 585 7600

A Gerson exhibit table will offer Gerson Therapy information, books and video tapes

Lodi, CA

Saturday-Sunday, June 15th-16th, 1996

Gerson Therapy Seminar

Lecture and Workshop by Charlotte Gerson

Location: Jackson Hall, Lodi Grape Festival, 413 E

Lockeford St., Lodi, CA 95240. For more information

please call Danni Vierra, (219) 334 3568.

Scheduled Events:

Sat. 4:00-5:30 pm Curing "Incurables":

The Gerson Therapy

Sun. 1:00-4:30 pm Workshop: How to Do

the Gerson Therapy at Home (free,

donations gratefully accepted)

A Gerson exhibit table will offer Gerson Therapy

information, books and video tapes

Providence, RI

Saturday, September 28th, 1996

Gerson Therapy Seminar

Location: Location not available at press time. For more

information, please call the Gerson Institute, Tel: (619) 585

7600

A Gerson exhibit table will offer Gerson Therapy

information, books and video tapes

Cleveland, OH

Saturday, October 19th, 1996

Gerson Therapy Seminar

Location: Location not available at press time. For more

information, please call the Gerson Institute, Tel: (619) 585

7600

A Gerson exhibit table will offer Gerson Therapy

information, books and video tapes

Olestra, non-fat fat ...

(Continued from page 8)

February 1, 1996, Edward Blonz explains that carotenoids include the all-important alpha and beta carotene, known to boost the immune system.

Blonz goes further into the possible problem Olestra may present when it carries away other fat substances. He points out that many prescription drugs are made from fat-based substances. Steroids, hormone replacements, birth control pills and cholesterol lowering medications are all fat-based compounds. Will young women find out their salty snack, containing Olestra to keep them from getting fat, also keeps their birth control pills from working, causing unwanted pregnancies?

"Proctor and Gamble is going to replace several of the fat-soluble vitamins, but it's not going to replace carotenoids," said Michael Jacobson, executive director of the Center for Science and the Public Interest, a Washington consumer group. "[Olestra] will increase heart disease, cancer and blindness. It's crazy to add it to the food supply."

Since "the development of Olestra has taken Proctor and Gamble some 25 years, according to the newspaper article, and \$200 million, its scientists say that it is safe and that the potential benefit of reduced fat in the diet will far outweigh any side-effects."

One wonders, exactly what benefits could outweigh the danger of heart disease, cancer and blindness?

Power Nutrition Seminars Offered in Carmel, CA

Saturday, Mar. 9 and May 4, 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*, Vice President for Communications of the Gerson Institute, 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 Seminars. Mr. Straus has served on the Gerson Institute Board of Directors for over 15 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.