



HEALING

NEWSLETTER

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Proteins

New study shows benefits of protein restriction

Once in a while, a story appears describing recent research that should really be an obvious fact for practitioners of the Gerson™ Therapy. Such an item of scientific news was widely circulated last week (April 1st, 1996) in the news media.

It covers a study done by clinicians at the University of California in Irvine as well as at the New England Medical Center in Boston. Dr. Ping H. Wang is the senior author.

He, along with other researchers, analyzed five studies giving details of 1413 patients with kidney disease who were not diabetic as well as five studies of 108 patients with insulin-dependent diabetes. The first study covered 18 - 36 months; the second one 9 - 36 months.

Not surprisingly, the researchers found that the relative risk of progression of the kidney disease in patients consuming a diet containing "average" amounts of protein was significantly higher than that of patients eating a low protein diet. The low protein diet, the researchers found, slowed the progression of kidney disease significantly, whether the patients were dia-

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Microwave Ovens

...The Dangerous Price of Convenience

From an article by Tom Valentine in a sample issue of *Search for Health*

In his last book, *A Cancer Therapy: Results of 50 Cases*, Dr. Max Gerson warned people about the dangers of "convenience" in the kitchen. He referred to canned, frozen, bottled and prepared foods since they are "devitalized". Gerson warned about masses of dead food, chemically treated and altered, causing imbalance and toxicity in the body. Since the book was published in 1958, there is no mention of microwave ovens - they did not exist.

Microwave ovens are convenient: you just set a button and you can walk away without worry about burning, under- or overcooking. You can even put container and packages bought in the stores into the oven; they will come out "ready-to-eat". These ovens are also energy efficient and cheap to operate. Obviously, they have a tremendous appeal and have become a must in any "properly" equipped kitchen. Also, they have been certified as "safe" by the Underwriters Laboratory and the U.S. Government. So, we assume that they must be safe.

But are they?

Evidence is accumulating that microwave cooking is neither safe nor healthful, nor natural. For one, it doesn't actually heat food like fire or radiant heat does, but rather agitates the molecules in foods, breaking the natural membranes as well as affecting the chemical structure of the nutrients. Proteins have been shown to be altered by microwaves to the point that they are no longer able to be properly absorbed and metabolized by the body.

Microwave ovens are big business. They are installed in millions of homes, restaurants, fast food places and hospitals. According to claims, microwave ovens, "when properly used by inspected (and certified) equipment" do not leak into the environment. But reports are now emerging claiming that the "maximum acceptable amount of leakage" keeps being increased to allow the equipment to pass inspection and certification. In my opinion, this radiation, spreading into the environment tends to "cook the cook", as well as changing the chemical structure of the food.

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Microwave Ovens ...

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No serious studies were available about radiation leakage or changes in microwaved foods until 1986, when a study sponsored by Young Families, the Minnesota Extension Service of the University of Minnesota warned against warming a baby's milk bottle in a microwave oven. "The bottle may seem cool to the touch, but the liquid inside may become extremely hot (microwaves heat from the inside out) and could burn the baby's mouth and throat. Also, the buildup of steam in a closed container such as a baby bottle could cause it to explode." Worse yet, "heating the bottle in a microwave can cause slight changes in the milk. In infant formulas, there may be a loss of some vitamins. In expressed breast milk, some protective properties may be destroyed."

If milk in a baby's bottle is changed or damaged by being warmed in a microwave oven, there are serious concerns raised regarding changes and damage in microwaved foods consumed by adults.

In 1991, a report came out about a woman in Oklahoma who had undergone successful hip replacement surgery, but died from a simple blood transfusion when the blood she was receiving had been warmed in a microwave oven. There must have been some changes in the blood the patient was receiving to cause her death!

In 1992, Hans Hertel, a Swiss food scientist who had worked for many years with one of the major Swiss food

companies, was reportedly fired from his job for questioning certain processing procedures that denature foods. He felt strongly that food processing techniques denature foods and that it was the job of food scientists to correct this situation and "bring man and techniques back into harmony with nature." Dr. Hertel worked with a team of eight scientists, including Dr. Bernard H. Blanc of the Swiss Federal Institute of Technology and the University Institute for Biochemistry to design and carry out the study of the effect of microwaves on the food produced in them and on the blood of people who consumed those foods.

"The conclusion was clear: Microwave cooking changed the nutrients so that changes took place in the participants' blood that were not healthy and could cause deterioration in the human system." The study was strictly designed to eliminate outside influences and included subjects ranging mostly in the 20's and 30's, with Dr. Hertel, the oldest, at 64.

"The changes detected in those subjects who ingested microwaved foods included a decrease in all hemoglobin values and cholesterol, especially in the ratio of HDL (good cholesterol) and LDL (bad cholesterol) values."

So how do these microwaves work? Simplified, they consist of electromagnetic radiation which is forced to reverse polarity 1-100 billion times a second. Cells are made to vibrate and 'rub against each other' at this violent destructive speed and are unable to withstand the energy. These organic cells are torn apart, molecules are forcefully deformed (called structural isomerism) by friction from the inside out.

Dr. Hertel was asked about microwaves from the sun. He responded, "Microwaves from the sun are based on principles of pulsed direct current. These rays create no frictional heat in organic substances." On the other hand, microwave radiation, from alternating current, reportedly exerts a power input of about 1000 watts or more causing the formation of new compounds called radiolytic compounds. Nobody really knows what these compounds are doing to the blood of consumers, nor have any tests been done by government authorities.

The Swiss government, however, did react. A Swiss trade organization

lodged a complaint against Drs. Hertel and Blanc and started by issuing a gag order against them. Apparently, their crime was "to interfere with commerce," a much more serious charge than, perhaps, causing untold suffering and disease from deep-seated changes in the blood chemistry of the consuming public, changes that could even be a beginning of the cancerous process.

Pretty soon, more evidence surfaced. In the journal *Pediatrics* (Vol. 89, No. 4, April 1992) an article was published, titled "Effects of Microwave Radiation on Anti-infective Factors in Human Milk." A team of physicians and scientists from Stanford University did the research and their findings were quoted in the April 25, 1992 issue of *Science News*. The studies were done on expressed milk from women who nurse their babies, but who work away from home, and are able to store their milk for feedings while away. The above study shows that microwaving this human milk can destroy some of its important disease-fighting capabilities. Specifically, "the microwaved mother's milk compared to unheated breast milk, showed loss of lysozyme activity, lost antibodies and fostering of the growth of potentially pathogenic (disease producing) bacteria. Milk heated at a high setting (72° to 98° C) lost 96 percent of its immunoglobulin-A antibodies, agents that fight invading microbes." But even at a low setting, just 33½°C, some anti-infective properties were lost.

Madeleine Sigman-Grant of Pennsylvania State University says that "because microwave heating is inherently uneven - and is quite unpredictable when small volumes are involved (such as are needed to feed a

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Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. 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 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
P.O. Box 430
Bonita, CA 91908-0430
ph (619) 585-7600 fax (619) 585-7610

e-mail: mail@gerson.org

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

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

Editor's Corner

...Meridian Hospital moves

by Howard Straus

Last weekend, we had the privilege of spending three days helping Meridian Hospital, the newest Gerson™ Therapy Center, to move into their newly expanded facility. It was a marvelous, maddening, exhausting and wonderful three days, the experience heightened by being able to spend time with our patients. (In this case, the word "patients" has to be alternately spelled "patience", because the move, although it went incredibly more smoothly than could have been expected, still had its share of "glitches"). If we were moving a motel, there would have been few problems, but, of course, moving *while* providing critically ill patient care presented enormous challenges, which, to their credit, the patients and the staff met with flying colors.

At the end of the day, and it was a series of long ones for all involved who provided patient services, patients were ensconced in their rooms, meals and juices had been prepared and provided, medications dispensed, and we had met some more wonderful people who had made the trek to Mexico seeking help for their terrible diseases, and the freedom to pursue successful, non-toxic means of fighting the illnesses, free from the heavyhanded oppression of the American authorities, and those of other countries.

We met people from Canada, the Czech Republic, Slovakia, the U. S., Germany, Belgium, England, a real polyglot crowd. At mealtime, we had conversations with patients and companions, hospital administrators and the all-important medical staff. The physicians include Dras. Bravo and Melendes, both experienced Gerson doctors with a combined total of 25 years of Gerson Therapy practice, and Dr. Garcia, a very senior doctor in the Mexican government, as well as other excellent naturopaths and healers. We shared the same food the patients did: delicious, simple Gerson

food, well-prepared by the hospital's fairly new kitchen staff, despite the physical difficulties of food preparation during a massive move. Some of these people left indelible impressions on us.

Pat, a U. S. Treasury worker from Washington, D.C., who came to Meridian with breast cancer and liver metastases, literally had to fight her way out of the system that was about to give her chemotherapy. That chemotherapy has a perfect record of failure with liver metastases apparently made no difference to her HMO, but it was unacceptable to Pat. She has the spirit and independence that gives her a real fighting chance against this otherwise "incurable" ailment. She is one of my heroes today.

Another young lady who really impressed me, as well as doing a great service for many who will follow her, was Faye, a delightful, lively, spunky 15-year old Australian, who came all the way from Adelaide with her mother Avril. Faye was born with cystic fibrosis (CF), normally considered a permanent birth defect, and incurable. Her mother reasoned that, since CF is not a normal, healthy state, the Gerson Therapy should be able to help the body heal even this disease. The 20-hour trek from Australia was apparently worth it – when we met Faye, there was no indication whatever of her ailment. She had been free of her terrible coughing fits for the first time in five years, after only two weeks on the Therapy! The service she provided to those who follow is that we can now say, with confidence born of experience, that the Gerson Therapy has seriously helped at least one case of CF. Faye is another one of my heroes.

The new Gerson Therapy Center has 22 patient beds. On moving day, the hospital was already full, and had a waiting list. Pat and Faye represented a small minority of the patients, but each and every one had a similar spirit and story. It is a privilege, an honor and an inspiration to be able to spend time with these people, many of whom have become long-term friends and acquaintances, "cures" who appear, totally unexpectedly, at conventions in distant cities and countries to share their experiences with others, and

Microwaves ...

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tiny infant). It is likely to boil some of the milk before all has even liquefied!" Stanford University Medical Center no longer microwaves any breast milk, pediatrician Dr. John A. Kerner, Jr. notes.

There are further reports on studies that a brand new microwave oven, never used, and just plugged into an outlet, was measured for electromagnetic emissions. These amounted to 40 Gauss when the oven was not in use.

When asked whether further studies are scheduled also involving foods for adults and emission of electromagnetic waves into the kitchen, Dr. Richard Quan, M. D., from Dallas, Texas stated that none are scheduled at this time.

Since there is evidence that microwaving can have deleterious effects on foods, even if all the studies are not in, and since the microwave oven industry had to admit that some microwaves escape into the surrounding area even in the best made ovens, we feel that Gerson Therapy patients as well as our members and friends who are concerned about their health, should earnestly avoid (and unplug) any such ovens in their kitchen and not expose themselves nor their food to the damaging radiation. Please do not even heat water in a microwave oven. From the studies of the late Freeman Cope (M. D. and biochemist) and others, it has been shown that water is "structured". This structure is altered in the electromagnetic environment of the microwave oven.

greet us, making the most remote places seem like home. Your editor, for one, is grateful to know these people.

It was most interesting to note the reactions of laymen and professionals alike who had only seen standard cancer wards. The pain, fear, drugs and despair that usually permeate conventional treatment centers is replaced in Gerson hospitals with hope, good spirits, appetite, and comradery that is a joy to share. I would like to thank each and every one of the patients I met, heroes all, whatever the outcome. And Godspeed!

Protein Restriction ...

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betic or not.

Dr. Wang concluded that a low protein diet should be recommended for diabetic patients with progressive increase of protein elimination in their urine. Surprisingly, he did not mention non-diabetic patients even though he found that in those, kidney disease was also slowed by a low protein diet!

Why do I believe that the above research really confirms an obvious fact long used by Dr. Gerson in his diet? First of all, let us consider the purpose of the kidneys: their main function is to excrete the end products of protein digestion: urea, uric acid, and creatinine. The blood is filtered through the kidneys, which reabsorb, or block, other chemicals: sugar, salt, potassium calcium and magnesium. Thus the kidneys play an important part in the control of fluids and blood pressure. (Taber's Cyclopedic Medical Dictionary, Sixth Printing, Sept. 1979) In the case of kidney disease, sick kidneys are overloaded by a high protein diet and are unable to excrete the toxic end products produced. Thus, reducing (animal) protein intake is an obvious step to unburden the sick kidneys. Dr. Gerson was long aware of the need for the protein restriction and did this more than 60 years ago. He may not have had access to studies such as the one above, but as always, his philosophy was: "The results at the sickbed are decisive" (Kussmaul's dictum, quoted in *A Cancer Therapy*, p. 212) Protein restriction (which produces other powerful benefits – see the Gerson Primer: "How the Gerson Therapy Works") was an important factor in the dramatic results Gerson obtained, in cancer and other degenerative diseases.



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Your tuition of approximately \$1,700 will include:

- 6 nights private room with bath, plus organic Gerson meals (other programs, including a limited number of student internships, are also available)
- 5½ days of morning and afternoon lectures, including one afternoon visit to the Gerson Therapy hospital
- Seminar materials, including a workbook of over 100 pages (participants should be familiar with *A Cancer Therapy: Results of 50 Cases*, by Max Gerson, M. D.)

Please call the Gerson Institute at (619) 585 7600 for more information, or to enroll in the training. Discounts available for early enrollment..

Patient Story – Nora Kulwicki

.... *Brain Tumor Cured*

The aim of the Gerson Therapy is always to heal and restore people to a normal active life. We sometimes get phone calls and information from some of these cured people with wonderful stories that we need to share with our readers. We should also like to stress that we love to hear from you people out there after you have been well for some time. Don't for a moment think that we are no longer interested in your recovery. On the contrary, the longer you are well, the more important and dramatic the story! Please keep in touch and let us know.

One such wonderful success story is that of Nora Kulwicki of North Liberty, Indiana. Just weeks from her 10th birthday, she started to suffer from headaches, then vomiting. Her mother took her for a CAT scan and a brain tumor was discovered. She then was taken to the Riley Children's Hospital in Indianapolis and was scheduled for surgery. The surgeon removed what he could, but some of the tumor was too close to a blood vessel and was only cauterized. This, of course, left the door open to more tumor growth.

Subsequently, Nora went for yearly check-ups. When she was 13, an MRI (Magnetic Resonance Imaging) showed a recurrence. The doctor said



Nora Kulwicki, 19, North Liberty, Indiana,
Recovered Gerson Therapy Patient.

that at this point, he couldn't do anything, "the tumor wasn't big enough to operate". Nora's mother, Mary, felt that she couldn't just sit by and wait for her daughter's tumor to grow. She started to read and research. She found the Gerson Therapy.

In 1990, Mary and Nora came to the Mexican hospital and started the

Gerson Therapy. Nora was on the Therapy, strictly, for one and a half years.

During this time, with the frequent coffee enemas and juices, Nora did not go to a public school, but had home schooling. She also spent a great deal of time with coffee enemas on the bathroom floor. She used this time constructively: she read all the classics she could get her hands on, then she read Plato and other philosophers, then she went on to read science books and math. She got a tremendous education. When she took her SAT's, she scored extremely high; on her State equivalency test her score was almost perfect. With all her background and reading, she also became an excellent writer.

At the end of her intensive Therapy, she had another check-up with her neurosurgeon. He took some pictures, studied them, was puzzled, hesitated, took some more pictures – and finally said that he couldn't see any more tumor, just a shadow which he felt was a scar. Nora's mother asked what Nora's prognosis was. The surgeon said that she would never have a problem again! Nora was also playing the violin. The doctor was very pleased that she could play the violin and this was a very good sign, since the type of tumor she was suffering from would affect the fine motor skills. He said that she would not be able to play the violin with a tumor in her brain, these delicate motor skills would have been disturbed.

After one and a half years on the strict Therapy, Nora switched to a "maintenance" therapy: she was still taking 2 - 3 quarts of juice daily and eating organic food. Her mother started an organic co-op business, helping to supply herself and a number of other people in the area with organic food. Mary Kulwicki says that she is now helping some 40 people to obtain their organic produce (Mary Kulwicki; Phone (219) 289-9491). Nora is 19 years old, and has been admitted to college. Not only that, but she obtained a Presidential Scholarship, a very high honor, and hopes to study medicine – alternative medicine – to help others as she was helped.

Nora told us she will be happy to talk to any young children or teenagers who are ill and doing the Gerson Therapy.

Potassium —

.... *the Enzyme Catalyst (Activator)*

by Charlotte Gerson

At the time of Dr. Gerson's death, in early 1959, he had postulated many theories that he could prove only in practice – with the dramatic responses of his terminal patients. Many of his ideas could not be proved scientifically since techniques and machines were not yet available.

One of his theories, the tremendous importance of the potassium ion (K) for the proper function of the cells, was proven five years after his death. In 1964, Malcolm Dixon and Edwin C. Webb published the book *Enzymes*

(Academic Press, Inc., New York 1964, 2nd Edition). On p. 422, a most interesting table shows many of the enzymes the authors tested, and the mineral ions that turned out to be their "activators" (catalysts). In virtually all of the enzymes, potassium was the first and most important catalyst, followed in most cases by magnesium and/or manganese. A few of the enzymes required zinc as a catalyst – but not a single one was activated by sodium (Na). On the con-

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Cause of schizophrenia ignored for 24 years

... *Undigested excess protein disturbs brain's normal function*

by Charlotte Gerson

While traveling in Europe in May of 1972, I found an article in the International Herald Tribune (published in cooperation with the New York Times) which interested me greatly. I saved it all these years and would like to share its contents with our readers.

It was written by Stuart Auerbach and appeared on May 6th, 1972, however it has a dateline of March 5, Dallas (WP). The author states that a "highly respected researcher carried the search for the cause of schizophrenia a major step forward yesterday. He said that the disease was caused by a tiny corkscrew-shaped protein in the emotional center of the brain." The scientist who made the discovery, Dr. Jacques Gottlieb, presented his findings to the American Psychiatric Association meeting in Dallas. He apparently found that the enzyme that is supposed to regulate {digest?} that protein is missing from the brain of schizophrenics while it is present in normal brains. He went on to compare schizophrenia to diabetes where the absence of insulin prevents the conversion of sugar into energy. Dr. Gottlieb works at the Lafayette Clinic and at Wayne State University in Detroit. He thought that it would take some five years to turn his laboratory findings into treatment methods.

On the other hand, he felt that his 40-year search for the cause of schizophrenia was almost over. He presented the results of his research to a special symposium on new research where it aroused considerable interest among psychiatrists. Others had attributed schizophrenia to biological causes but were not clear on how it works.

Dr. Gottlieb noticed differences in the blood of schizophrenics and non-schizophrenics and then he found that an unstable protein called alpha-two globulin (or S-protein) has a different effect on schizophrenic patient than on normal people. Together with Dr. Charles E. Frohman, a biochemist, he discovered that in schizophrenics the protein had a corkscrew shape. Normally it is either folded like an accordion or coiled like a spring.

It is this difference in shape that controls the effect, said Gottlieb. The corkscrew-shaped S-protein in schizophrenics increases the intake by the hypothalamus — the key regulating area of the brain — of a chemical called tryptophan. Tryptophan is important for the development of serotonin, the transmitter of messages between cells in the brain. Dr. Gottlieb and Dr. Frohman studied the kinds of compounds produced by the flooding of the hypothalamus cells with tryptophan. One of these was dimethyl tryptamine (DMT) which causes psychoses and hallucinations, both symptoms of schizophrenia. The two scientists felt that DMT is being produced in excess in certain parts of the brains of these patients and may be causing the disturbances. Other researchers have found larger amounts of DMT in the blood and urine of acute patients than in non-schizophrenics.

Dr. Gottlieb found that in normal people a stable enzyme is found in the limbic system (emotional center) of the brain which is missing from the schizophrenics brain. He called this enzyme "anti-S-protein". He is now researching the amount of anti-S-protein that can be given to produce a healthy balance.

I can't help but ask, if schizophrenia is caused by poorly digested, unnatural protein fractions (the corkscrew-shaped proteins), and if it is comparable to diabetes, where the sugar is not properly utilized due to the absence of adequate insulin, why not withhold protein from patients who are unable to digest it to its normal end-product? Do we not withhold sugar from diabetics? It must be noted here that all state hospitals where mentally disturbed people are treated are *required* to serve three protein meals a day! My next thought is that since virtually all schizophrenics develop the disease in their teens or later in life, they are apparently not born with it. It could then be assumed that schizophrenia or the lack of the anti-S-protein enzyme is caused by a change in the patient's metabolism. Since we also know that, by definition, toxins are enzyme inhibitors, can we not further assume that certain toxins block the anti-S-protein enzyme?

I am sure that our readers follow my train of thought: if the problem can be solved by cutting proteins out of the diet and clearing (detoxifying) the body of enzyme blockers, the Gerson Therapy is the obvious answer to overcoming schizophrenia. We have seen that, in fact, it has cured the few schizophrenia patients we have had on the Gerson Therapy! Unfortunately, the problem has recently been compounded by the long-term use of lithium and other psychoactive drugs. These drugs increase the toxic load on the body, and treating schizophrenics with the Gerson Therapy today, though still successful, now takes longer, and positive results are harder to achieve.

Our New Look

by Chip White

One of our goals for 1996 is to "modernize" our brochures and other communications materials. Our new logo, first seen in February, was the first new element, followed now by our newslet-

ter. By the end of May, the Gerson Primer, our new videos and magazine advertising will reflect our new image.

The rest of our materials will follow later this year. Special thanks to Kathi Healy, graphic artist extraordinaire at Digital Works, Inc. of Elyria, Ohio for developing our new look, and

to Howard Straus for his endless patience in learning, then triumphing over the cranky QuarkXpress® software required to produce the newsletter you are now holding. Members can look forward to continued improvement in all of our publications and materials over the coming months.

Hepatitis Cured


... a Patient Story

by Charlotte Gerson

We recently had a call from a gentleman whom we shall call Paul. He was very well but was looking for information about a patient. Paul had an important story to tell.

In 1981, he came down with fever and jaundice, and severe nausea. His liver enzyme tests were way up, the SGOT was 2400 (it should be between 8 and 20) and his SGPT was at 2,800 (normal is between 10 and 32). He was diagnosed with acute infectious hepatitis. The only suggestion the doctor had for him was to rest a lot, take naps, drink fluids, "like soda and orange juice". With the doctor-ordered rest, the liver enzymes came down, and stayed just above normal for a long time. He was not given any other treatment, but members of his family were given immuno-globulin injections several times. This treatment is commonly used to increase the immune systems of persons exposed to acute hepatitis patients to prevent its spread during the infectious phase. For at least eight months, Paul did not improve further.

A (Reich) therapist in Florida recommended that Paul read Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*. The ideas in the book seemed right and logical to Paul, so he set himself up with a Norwalk juicer and started the Gerson™ Therapy on his own. He immediately began to feel better. Paul's liver enzymes improved, and within two months were within normal range. His doctor said that Paul was no longer infectious, his blood counts were normal. For several years, however, he occasionally suffered from flu-like symptoms. At such times, he would immediately go back to the Gerson Therapy for a week. Sometimes a few days helped, and even after just one day, he says that "my body, especially my liver, felt better."

Paul stays close to the Gerson Therapy, on a good preventive diet: a mix of organic, vegetarian food, mostly raw salads, no dairy, meat, or salt. He is studying chemistry and is close to receiving his B.Sc. 

Summer Apple Alert


... Organize your juicing apple supply now

by Charlotte Gerson

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

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

urgently need apples.

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


Potassium ...

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trary, sodium appeared as an enzyme inhibitor in almost every single case of enzyme production researched, as did lithium, and in almost all cases, calcium!

Keep in mind that "enzyme inhibitor" is another definition of poison! While a small amount of sodium is contained in all vegetables, it is usually less than 10% of the potassium contained in the same vegetables. Any sodium, such as table salt, added to foods and consumed will act as an enzyme inhibitor, or poison. A certain amount of natural calcium is also needed by the body, as contained in greens, (green juices) as well as carrots and carrot juice.

Since calcium is found to be an enzyme inhibitor in almost all cases, Dr. Gerson's warning to patients to avoid supplementation with calcium is clearly accurate. As he states it, "calcium belongs to the sodium group of minerals and must be avoided."

Dr. Gerson continues, "I was forced in three cases of hemophilia to give calcium to bring the blood to coagulate. I did it, but the cancer regrew, and I lost all three cases. No calcium, no magnesium, no other minerals. I tried it." (*A Cancer Therapy: Results of 50 Cases, Appendix II, p. 415*) 

New Faces Needed

Did you recover from a degenerative disease on the Gerson Therapy? Do you know someone who did? We are updating our brochures, and would like to add stories of more recovered patients. Please contact us toll-free at 1-888-4-GERSON, then dial 800 from your touch tone phone. Leave your information, and we will contact you. (Even if you don't want to be in our brochure, please let us know how you are doing!) 

Share the gift of health with someone you love ... a gift membership in The Gerson Institute keeps giving all year long!

Progesterone – a protective herbal hormone

... is Estrogen causing the problems it is supposed to prevent?

by Charlotte Gerson

We are increasingly bombarded with information about "hormone replacement therapy" for post-menopausal women to prevent osteoporosis, about hormone blockers for patients suffering from "hormone dependent cancers" (breast and prostate cancers) and about taking Tamoxifen® (a female hormone blocker) for years as an experimental preventive for cancer. If you take the trouble to look up the side-effects and dangers of Tamoxifen in the *Physicians' Desk Reference* (available in the reference section of most public libraries), you will learn of the toxicity to the liver and eyes, as well as the risk of endometrial cancer from this drug. (John R. Lee, M.D., *Cancer Forum*.)

Patients on the Gerson™ Therapy soon learn that the Therapy is the best preventive for osteoporosis, as well as a means of reversing it, freeing them from their doctors' suggestions to take the dangerous hormone estrogen. However, many breast cancer patients come to the Gerson Therapy hospital already taking Tamoxifen, and are afraid to stop taking it, since their doctors told them that their cancers are "hormone sensitive". We have extracted some highly relevant information below, from a 1994 lecture given by John R. Lee, M. D. at the Annual Cancer / Nutrition Convention of FACT (The Foundation for Alternative Cancer Therapies) and published in *Cancer Forum*. This lecture gives a more balanced view of the sex hormone problem. Ruth Sackman, President of FACT, happily gave us permission to use, and even generously encouraged reproduction of material from the *Cancer Forum*.

Dr. Lee begins by defining some terms. The first definition is "progesterone"; but he feels that it is important to add the word "natural" to make it specific. "Progesterone refers to one single molecule, a hormone made by the corpus luteum of the

ovary as a result of ovulation. The ovary normally makes two hormones. Estrogen for the first two weeks of the month, and at ovulation the follicle that produced that egg becomes a little yellow (luteum in Latin), and that is the factory for the synthesis of progesterone." Estrogen is not a single hormone; it is a class of some 20 hormones. But progesterone is one single molecule. However, it is widespread: progesterone can be extracted from some 5,000 different plants. It is very easy to extract from the wild yam. So "natural progesterone" exists, as opposed to the synthetic progestins usually prescribed by physicians.

After a 25 year "War on Cancer", mortality rates in the U. S. are rising.

"Progestins don't necessarily do anything else that natural progesterone does and they are loaded with side effects." Obviously, this implies that natural progesterone *does* have other functions that we will hear about later; besides it is harmless and free of side effects.

Dr. Lee then looks at cancer. He describes how cancer is a symptom of disease, a symptom of imbalance in the body. Lee quotes the British medical journal, *Lancet*, of February 26, 1994 and specifically an article titled, "Rethinking Cancer", by Dr. Allen B. Astrow, cancer specialist at the St. Vincent Hospital and Medical Center in New York. "After a 25 year War on Cancer, with a growing armamentarium of effective anti-cancer drugs, ever more radical treatment strategies, spectacular advances in our understanding of the molecular mechanisms of oncogenesis, *mortality rates in the U. S. are rising.*" These techniques do

not work. Dr. Astrow goes on to conclude his description of the mechanism of the cancer cell by saying, "the treatment strategy should be to 'reestablish intercellular communications'. The restoration of order begins with the establishment of communication mechanisms within the cell. We call it rebalancing. They are getting around to that." Dr. Lee exhorts the listener to keep in mind the idea of rebalancing concept. He explains that "in the present mind-set of mainstream medicine there is a syllogism which runs like this: Estrogen levels fall at menopause. Women's illnesses increase at menopause, therefore all women who complain of anything at menopause should be given estrogen." Dr. Graham Colditz from Brigham and Women's Hospital in Boston explains that at menopause, women's estrogen does not stop completely. The amount is just reduced so there is no more shedding of the lining of the uterus (menstruation). He says that in third world countries, including Poland, Czechoslovakia, India, China, Africa and Central America, there is no word in their languages for "hot flashes". They do not have a word for post-menopausal osteoporosis. Here in the U.S., women develop fibrocystic breast disease, breast cancer, uterine fibroids, endometrial and uterine cancer. Their body structures change and they are likely to develop fat around the hips and midsection. They suffer from depression and fluid retention as well as increased blood pressure and loss of libido (interest in sex). Doctors are likely to give estrogen for all of these symptoms. Actually, Dr. Lee feels that it is progesterone that truly falls off in the typical woman in industrialized countries. Dr. Jerilynn Prior at the University of British Columbia, Vancouver, first measured the estrogen and progesterone levels of female marathon runners and found that they

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developed osteoporosis when their estrogen was still high! But their progesterone had fallen, they stopped ovulating. While Dr. Prior and others found many women to be high in estrogen long before menopause but estrogen dominant, their many symptoms are still being treated routinely by doctors with more estrogen.

"When we look at the known effects of estrogen, we find that it is the sole cause of fibrocystic breast disease. It causes water retention and fat retention – that is why it is given to steers that are sold by the pound. This imbalance is also the number one cause of fibroids; it is the only known cause of cancer of the uterus." Estrogen stimulates the proliferation of the lining of the uterus – then, normally, progesterone, which stops the proliferation, should be produced, bringing the tissues back into **balance**. The epidemic of women's breast cancer may well be caused by the estrogen dominance and the progesterone deficiency.

Dr. Lee recalled how he came to know about this condition. In 1979, he heard a talk by Raymond F. Peat, Ph.D., on the nature of progesterone. Dr. Lee had been practicing for some 25 years and had given many women estrogen for osteoporosis. Others could not take it because they already had breast or uterus cancer. After Dr. Peat spoke about the progesterone cream, Dr. Lee started to read many references on it, all indicating that progesterone had no side effects. At this point, Dr. Lee told these women to get the cream and start dabbing it. *All* the women, whom he followed for some three years, got better without estrogen. Their bones got progressively healthier, increasing in density by 15, 20 and 30%. Dr. Lee also followed those women who were taking estrogen as well as calcium and vitamin D. Their osteoporosis got progressively worse. Reviewing all the literature, Dr. Lee found that estrogen has *never* reversed osteoporosis, though it may delay bone loss a little. On the other hand, here were the women on progesterone, and their bones were getting

stronger. At the same time, their fibrocystic breast disease was going away, their fat was dissolving, they had more energy, and their thyroid problems were relieved, they were not retaining as much water and were feeling better. Even libido returned. When Dr. Lee reduced the estrogen supplementation to zero, he found that the women suffered no resulting vaginal dryness, nor they experience breast problems.

Dr. Lee then discovered that progesterone has other functions besides

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facilitating conception and protecting the fertilized egg to carry it through pregnancy to full maturation of the embryo to birth. Progesterone is also the precursor to all the other steroid hormones, including cortisone. A third function is that it facilitates the action of the thyroid hormone (essential for the Gerson Therapy). It also helps to prevent high blood pressure, protects the cell membrane so it doesn't allow sodium and water to cross into the cell! Progesterone is a natural antidepressant and is necessary for survival after a stroke.

"Estrogen, the only known cause of cancer of the uterus, can be blocked by sufficient progesterone. In general, physicians use the synthetic progestins that also work, but not as well." Consider this: it has been observed that women who have multiple pregnancies are protected from having breast cancer. During these multiple pregnancies, there are long periods of time where progesterone is the dominant hormone. During breast feeding, too, the ovaries do not start raising estrogen. So, between the breast feeding and pregnancies, the woman's breasts are protected against the estrogen effects.

Johns Hopkins University did a study comparing two groups of women: one who had naturally low progesterone levels, the other one had high levels.

Johns Hopkins ran the test for 40 years and found that the "low progesterone" group, compared to the "normal progesterone" group had 5½ times the risk of breast cancer. Other factors were ruled out, including early menstruation, oral contraceptives, age at birth of the first child, etc. Then they looked at the "low progesterone" group for all types of cancers and found that this group experienced a ten-fold increase in deaths from cancers of all types. Dr. Lee concludes: "a proper level of progesterone prevents 9/10 of all the cancers that would have occurred in these women."

Dr. Lee treated several hundred of his women patients who already had cancer of the breast and cancer of the uterus and couldn't take estrogen with progesterone. He reports that he followed them for 14 years, and *not one has ever had a recurrence or late metastasis*. Dr. Lee goes on to state that even if a woman's breast cancer tests progesterone positive, this means that she has the receptor sites for the progesterone to be effective, and she should still be given progesterone!

Dr. Lee also has a very important theory for the increase of cancers all over the world, especially in the industrialized countries. Progesterone is available in raw natural foods, he says, such as yams and soy, while it is missing in the processed food supply. In the past few years, "xenoestrogens" have been discovered, or "foreign" estrogens. In the environment are residues of substances from petrochemical fertilizers, insecticides, herbicides, plastics, polycarbonates, and many more. There are poisons such as dioxins, kepone, lindane – a huge list. These fat soluble toxins enter the grains and are then concentrated in the fat of animals who feed on them. The meats from these animals contain *potent estrogen* compounds, more powerful than your own estrogens. Something to think about: in the US, Canada, England, Scotland etc., there are animals with gender change, loss of reproductive capability, congenital deformities. Female seagulls have been observed nesting with other females. Ovaries of females are found

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to be giant sized. [There are reports in the US showing that some one-third of male college students between the ages of 18 and 22 have too low a sperm count to fertilize a woman!]

When asked if we can get progesterone by eating certain foods, Dr. Lee responded that it is possible, but in small amounts. The best source is the progesterone cream, containing extract of the wild yam, applied to the skin. There are also herb capsules available. And there is no known harm from taking progesterone at these doses, *natural* progesterone. When it comes to osteoporosis, synthetic progesterone only works for a while, and the bone density increase doesn't exceed 5%. If your bone loss is already some 25% or 30%, that is not enough. However, with the natural progesterone, all of it can be regained.

Dr. Lee noted one more point about progesterone. It creates an elevation of your temperature. We see many people with low temperature (low thyroid function). Since progesterone facilitates thyroid activity, Dr. Lee says that it also seems to produce fever and a "healing" inflammation (so desirable for Gerson patients).

When asked about Tamoxifen, Dr. Lee answered that Tamoxifen is a "weak-acting" synthetic estrogen which will occupy the same receptors in the cells as regular estrogen. "Since it is weak acting, it will tend to inhibit one's own estrogen from working – but since it is an estrogen, it does increase your risk of endometrial cancer and *it is toxic to the liver* aside from some toxic effect on the eyes."

I believe that the above article gives additional strong evidence why the Gerson Therapy works so well, not only to reverse cancer, but also osteoporosis: much raw food, with presumably a good deal of natural progesterone, no meats or processed products with added estrogens, and detoxification to eliminate the already accumulated excess foreign estrogens all contribute to a healing environment.



New Gerson™ Therapy Video Tapes Available

Free copies available for libraries and other nonprofit groups

The first of our new instructional videotape series will be available May 10th. The videos are similar to the previous series produced in 1991, but have been completely redone. The information has been updated to reflect changes and additions to the Gerson™ Therapy that the Gerson Institute has implemented since then.

The new videos include Volume I, Overview and Introduction to the Gerson Therapy (includes patient testimonials), and Volume II, The Gerson Therapy at Home. Volume I is one tape, about 2 hours in length. Volume II is a two-tape set, and is about 4 hours. These videos, as well as our Food Preparation video (now known as Volume III), include attractive new full-color packaging, which will help ensure increased interest as we enlarge our free distribution program to libraries and other nonprofit groups. If you know of a library or other non-profit community group who would like a free copy of these videos for circulation to your local community, please have the organization request an application from us either in writing or via fax (619 - 585 - 7610).

The videos will be distributed to trade book and video stores, and will be available directly from the Gerson Institute. Normally, the three-volume set (4 videos) will sell for \$99 (or \$115 separately), but Gerson Institute members may take advantage of a special, "members-only" introductory price of \$85 for the set. You must mention the special members pricing when placing your order. Orders are being accepted now.



1996 Lectures ...

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Providence, RI

Sunday, September 29th, 1996
Gerson Therapy Seminar

Lecture and Workshop by Charlotte Gerson and Howard Straus

Location: Sheraton Tara Airport Hotel, 1850 Post Road, Warwick, RI 02886. ☎ (401) 738 4000. **Directions:** Take I-95 to T. F. Green Airport exit. Follow signs to Post Road (Rte. 1) North. Go through one traffic light, make a right at the next "Yield" sign. Sheraton is ¼ mile on the right. For more information, or to enroll, please call the Gerson Institute ☎ (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 ☎ (619) 585 7600.

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

Attention Gerson Patients ...

Do you know someone who has recovered on the Gerson Therapy? Or someone who is doing the therapy on their own? Please let us know. As we take on the task of collecting and publishing research on the Gerson Therapy, we would like to have contact with as many patients as possible. We also hope to be able to provide more services to established support groups for Gerson patients, and to aid in the establishment of new ones. Please call 1-888-4-GERSON, then dial 800 from your touch tone phone.

Leave your information, and we will contact you.



Cancer, the great killer, will be prevented, and can be cured if we learn to understand the eternal laws of totality in nature and in our body.

– Max Gerson, M. D., *A Cancer Therapy, Results of 50 Cases*