



HEALING

NEWSLETTER

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Giuliano Dego's Novel

Doctor Max to Appear in January, 1997

In the last few issues, *Healing* has been introducing its readers to Giuliano Dego, and publishing excerpts from Doctor Max, his 767-page biographical novel centered on the life and work of Dr. Max Gerson. Publication is now imminent, planned for the middle of January. We remind readers that our special pre-publication offer will be valid until the book publication date. In addition, those who order early will receive copies of the book signed and personally dedicated by the author.

The third excerpt:

This month we continue previewing Doctor Max with a touching passage that describes a tiny, yet significant episode in Dr. Gerson's life. In Giuliano Dego's words, "Dr. Gerson's life-long interest in animals and flowers peaked during the horrendous period of the Great War. I experienced something similar at the Gerson clinic where I spent four months in the '80s. There, my personal ordeal

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U.S. Gerson Center to Open

... First American facility in over 20 Years

by Howard Straus

We are extremely happy to announce the opening in February of the first new facility offering the Gerson™ Therapy in the United States in over 20 years. The facility will be located in Sedona, Arizona, a location renowned worldwide for its healing properties, phenomenal natural beauty and openminded population. The new center joins Hospital Meridien in Tijuana, B.C., Mexico, and will share expertise, research and educational duties. The Arizona facility represents the next step in the expansion goals of the Gerson Institute, whose aim it is to have regional and local Gerson™ Therapy centers around the United States and worldwide.

Operation of the facility will be handled by a new nonprofit organization, named the Gerson Association for Natural Medicine (GANM). GANM will be closely allied with the Gerson Institute, and will be headed by Howard Straus, currently Vice President of the Gerson Institute and editor of the *Gerson Healing Newsletter*. Its Board of Directors will include Charlotte Gerson, President of the Gerson Institute, Chip

White, Howard Straus, Dr. David Stokesbary, M.D., and Larry MacKay, a great supporter of the Gerson Institute. A Board of Advisors will include John Robbins, internationally renowned author of *Diet for a New America* and *Reclaiming Our Health*, and founder of the highly effective EarthSave organization.

GANM's Mission

The mission of GANM and its newly opened Gerson Healing Center is to provide the finest possible medical care to patients suffering from chronic, degenerative diseases, to provide a model facility for the demonstration and proliferation of Gerson healing centers around the United States and worldwide, and to become a premier training facility where physicians, naturopaths, chiropractors and other licensed health professionals can receive hands-on experience with the Gerson™ Therapy.

For nearly twenty years now, the Gerson Institute has been supervising and referring patients to our series of

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hospitals in Tijuana, Baja California, Mexico. However, as we have reported in the past few Newsletters, the legal, social and governmental climates in the United States have been changing in response to a groundswell of interest and demand from a population that is clearly interested in, if not yet committed to alternative therapy. Arizona, along with five or six other states, has separated its Medical Board and its Board of Homeopathic Physicians. This removes homeopathic physicians from the supervision and approval of often inimical allopathic physicians, and allows homeopaths to practice natural medicine supervised by other homeopaths.

A little about Sedona

Sedona, Arizona is in the foothills of what is known as "The Rim", a vast, high plateau covering a portion of four states in the Southwest of the United States. Sedona is at an altitude of approximately 4,500' (about 1,370 m.) above sea level. Its climate is generally warm, though there is occasional light snow during the winter months. Oak Creek, flowing through Sedona from the high plateau, provides the lush greenery of an oasis as well as beautiful canyon scenery where the creek has cut into the red desert sandstone.

Sedona is an easy two-hour drive north of Phoenix along Interstate 17, through the scenic desert leading to the Rim. Since most patients will be travelling to Phoenix by air, they will

most likely be using the four-times daily shuttle van that carries passengers from Phoenix to Sedona. The Gerson Healing Center is located in the small Village of Oak Creek, some 7 miles before Sedona proper. Another means of getting to Sedona is to take a commuter aircraft from Phoenix to Flagstaff, some 45 minutes away from Sedona along the Interstate. The time to travel from Phoenix is not very different, but less driving is involved. Sedona has a local airport, but there are no scheduled flights there.

Sedona is known as an art center, and features many galleries and artists' outlets, plus gift shops featuring the arts and crafts of the Southwest, including Native American art and the handiwork of the many artists who have found Sedona an inspiring place to work.

The landscape in the vicinity is nothing short of spectacular, as one might expect from a location not two hours distant from the Grand Canyon's South Rim. High, sculptured red buttes tower above a mixture of trees and desert vegetation, contrasting the desert mineral coloring and the green of life. The majesty and power of the scenery cannot help but leave the observer in awe.

Traditional Healing Area

For thousands of years, the Sedona area has been revered by its native American inhabitants, largely Navajo and Hopi tribes, as a powerful healing location. In fact, the Indian medicine men often brought their sick and injured to a specific rock formation to be healed. The formation is now known as "Bell Rock" for its distinctive symmetrical bell shape. This practice continues today, though the pilgrims to Bell Rock now come from all over the world. Bell Rock is less than a mile from the new Gerson Healing Center, and is beautifully framed by the large windows in the dining area. This is appropriate, since so much of the healing effects of the Gerson Therapy are delivered as nutrition in the dining room. Though we will not be counting on that healing power, we will certainly accept all the help that we can get.

The new Gerson Therapy center will initially share quarters with a nearly new assisted living facility, Sedona Assisted Living. As the patient load

grows, we hope to expand our share of the building, which currently has a capacity of up to 24 patients and as many companions. There is adequate space and zoning to expand the facility to nearly twice that capacity, when the need arises. Management of the existing facility has been most enthusiastic about the arrival of the Gerson™ Therapy in Sedona, and has bent over backwards to accommodate the special needs, both environmental and dietary, of Gerson patients.

Dr. Lester Adler, Medical Director

We are delighted to welcome Dr. Lester Adler, who currently has his own holistic clinic in Sedona, as Medical Director of the new Gerson™ Therapy center. He will consult with Dr. Alicia Melendez and Dr. Luz Maria Bravo, the two most experienced Gerson Therapy physicians in the world.

Dr. Adler is one of the most respected and distinguished physicians in Sedona, having both medical and homeopathic licenses. He graduated from the University of Pennsylvania, School of Medicine in 1978, is a Diplomate of American College of Internal Medicine, and is also licensed by the Board of Arizona Homeopathic Physicians. Dr. Adler's clinic in Sedona provides both medical and homeopathic treatment for his patients. We are very fortunate to have him join our group.

Drs. Melendez and Bravo

Dr. Luz Maria Bravo and Dr. Alicia Melendez, two of our dedicated and skilled and veteran Gerson physicians from Meriden, Del Sol and other Gerson hospitals will be commuting

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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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Editor's Corner

...An Exciting New Year

by Howard Straus

The Gerson Institute has entered into an entirely new phase in its development in the past few months.

- As regular readers will have noted, the first entirely new book on the Gerson™ Therapy in nearly 40 years, *Healing Cancer and other Chronic Diseases with the Gerson Therapy*, by Charlotte Gerson and Chip White is nearing completion.
- Soon after this issue of *Healing, Doctor Max*, Giuliano DeGo's monumental biographical novel about the historic life and times of Max Gerson, will be available.
- The second Gerson™ Therapy Practitioner's Training is being organized.
- The first Gerson Healing Center in the United States in over twenty years is well under way, and will open early this year.
- Dr. Gerson's world-famous book, *A Cancer Therapy: Results of 50 Cases*, is being reprinted in its original form as an Historic Edition, so that future scholars can read Gerson's original clear and powerful words, unchanged, uninterpreted, as he set them down nearly a half century ago.
- The Gerson Institute's home page on the Internet's WorldWide Web has attracted tens of thousands of viewers from around the world, and dozens of patients to Hospital Meridien.

The Gerson Institute has become a member of several mainstream charitable organizations, such as the Independent Charities of America and the United Way of San Diego. The public image of the Institute, from its logo to the design of the *Gerson Healing Newsletter*, stationery, video-tape jackets and *Primer*, has been updated to reflect the professional organization that it is becoming.

Naturally, this has involved a lot of work and extra effort from the Institute's small staff, who, in addition to the new initiatives, still mail out thousands of books, tapes, brochures and *Newsletters* every month, weekly answer hundreds of telephone, fax and email inquiries, appear on radio and television, lecture in the far corners of the world, supervise the med-

ical treatment at the Gerson hospital in Mexico, and help patients to make arrangements to visit the hospital.

As first public, and soon mainstream acceptance of alternative and complementary therapies increases, the Gerson Institute occupies a unique position. The Gerson™ Therapy is the most thoroughly documented alternative therapy available. In addition, the therapy has a 60-year track record of success against precisely the diseases that are threatening us today, the degenerative and chronic "lifestyle" diseases.

We feel that the Gerson™ Therapy is on the verge of being "discovered" by great numbers of people, and eventually by the medical establishment. Though it is likely that the latter will only reluctantly embrace the therapy, and will most probably not want to acknowledge Dr. Gerson's immense contribution to medical science, the shrinking returns on the hundreds of billions of dollars spent trying to find technological solutions to the problem of chronic disease will eventually force change, politics notwithstanding. After years of being the subject of medical ridicule, many of Gerson's ideas are now embraced by the conventional establishment, sadly without Gerson's name being mentioned.

But, after all, what is this effort all about? It is not for Max Gerson's personal glory that we are striving, as just and satisfying as that result might be. Gerson was a humble, self-effacing man, modest almost to a fault. He never wanted to spawn a personality cult, nor be seen as a hero. What Gerson wanted, more than anything, was to give to the world a higher level of health and understanding of disease to benefit anyone who chose to take advantage of it. In the development of his therapy, and the subsequent struggles to make it public, Gerson never aimed for personal fortune or recognition. Despite the disapproval of his more practical wife, Margaret, Gerson often treated patients free of charge because he knew he could help, and they needed it.

The Gerson Institute treasures the legacy of its namesake. With the Gerson™ Therapy, it has the potential, and the duty, to help untold millions, alleviate suffering, wipe out cancer, diabetes and other diseases. We will continue this important work, with the generous help of our members, in this and many Happy New Years.

U.S. Gerson Center ...

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between Sedona and their clinical duties at Hospital Meridien in Tijuana, B.C., Mexico. Drs. Melendez and Bravo will be alternating weeks in Sedona and Mexico so that there will be experienced Gerson supervision at the Center each week. Between the two, they have over thirty years of clinical experience with the Gerson™ Therapy. Dr. Melendez has been working with the Gerson™ Therapy since it was introduced to Mexico at Hospital La Gloria nearly twenty years ago.

Dr. Dan Nguyen, Administrator

Dan Nguyen, M.D. will serve as Hospital Administrator for the new center. Dr. Nguyen was instrumental in the rapid expansion of Hospital Meridien when it grew from nine to 22 beds in three weeks, moving to a new facility in the process. Accomplishing this task in Mexico was nothing short of a miracle for Dr. Nguyen's team. Dr. Nguyen has held both medical and management posts in the United States and Mexico over the past fifteen years. His energy and dedication are legend to anybody who has ever worked with him. Besides being an M.D., Dr. Nguyen is a qualified electrical engineer, and a minor wizard with computer hardware and software.

Charlotte Gerson's dream materializes

Of course, Charlotte Gerson, the President and co-founder of the Gerson Institute, and the guiding light of the Gerson™ Therapy for the past thirty years, will be commuting between San Diego and Sedona, adding yet another task to her unbelievable workload, and ensuring that the care given to patients at the Center will be of only the very highest caliber.

It is truly a tribute to Charlotte's hard work and persistence that the U.S. facility has been born. She has been working toward this goal for well over twenty years, keeping the work of her father, Max Gerson, alive and current, not just a historical curiosity. Along the way, she has been instrumental in saving thousands, and perhaps tens of thousands of lives. Seeing the Gerson™ Therapy gaining acceptance in the United States at

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Excerpt from Doctor Max ...

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and that of the many patients whose courage I grew to admire, drew me to befriend a stray Mexican dog with an intensity I hadn't thought possible. I called him Taurus, like the boy Sigmund's mute dog in the novel. That story is also narrated in Doctor Max."

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Manure and roses

When Dr. Gerson came to Breslau before the war, he rented a small house with a spacious ground floor where he set up his surgery, and a sizable garden which he divided into six large rectangular plots rimmed with slate tiles.

With the help of an elderly gardener who had survived the battle of Sedan, he grew vegetables in four of these plots. The remaining two he called "the garden."

Famed in the neighborhood for the singular beauty of its roses, one of those two plots provided Dr. Max's special summer recreation.

The part-time gardener, who also had a business in town, appeared twice weekly from 5 to 8 o'clock in the morning, caring for the vegetable garden and one of the two flowerbeds, where he bred carnations and dahlias. He also looked after old gridded espaliers and gnarled cordons of Musk Bergamot and Good Christians and was, on the whole, more hostile to insects than Dr. Gerson would have wished.

Sometimes, when Dr. Max had a day off from the hospital, the two men gathered around an overturned umbrella, which held their buds and seedlings.

On such occasions, smoothing with one hand their purple butler's aprons, they botanized a little.

They didn't ignore group and consistency, and made some effort to decide between the *Beta vulgaris* and the coramon beet, the *Pisum sativum* and the garden pea; but they took sides neither with the corollas against the cotyledons, nor with Pliny against Adolf Engler.

They did not enjoy classifications, they merely loved flowers.

One day, though, the self-made professional gardener was slightly embar-

assed to learn that flowering plants have sex.

One could say that their exchange of knowledge ended here. Yet, explained the best informed neighbors, while the professional confined himself to perseverance and buckets of water, Dr. Gerson moved on to pierce the secrets of nature.

By dint of long labor, horse dung which children gathered for him in the street, and colored prisms through which he filtered the sun's rays, he had apparently succeeded in creating after the Creator, and had invented a variety of roses which seemed to have dropped straight from the Garden of Eden.

Playing with a tiny red watering-can, diversifying the plant food and the degree of humidity of the beds, walking among his flowers while talking tenderly to a pet squirrel that bounced after his every step, or simply keeping his eyes fixed on a drop

the man had obtained roses of the most spectacular colors.

Some, the neighbors claimed, flaunted nothing less than red stems and green petals.

of dew at the top of a spear of grass, the man had obtained roses of the most spectacular colors.

Some, the neighbors claimed, flaunted nothing less than red stems and green petals.

Alas, as the proverb says, when the cat's away, the mice will play! The Great Glorious War came, and the flower of the world's youth was compelled to dig itself into trenches. Before enlisting as a cobbler of broken men, Dr. Max explained to the gardener how to manage the precious plants.

So well did the gardener understand, that as soon as Dr. Max left he showed his warm appreciation of the master's green thumb by making a clean sweep and selling the roses in

his shop.

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Two periwinkles and a talk about lavender

Scarcely six months had elapsed when, one evening of high wind, passersby lingering by the banks of the Oder witnessed a peculiar scene.

Bent double with effort, his sword battering the mudguards and the tails of his cape flapping like the wings of a large bird, a captain of the German Imperial Army was strenuously bearing down on the pedals of a bicycle.

On reaching Lorenzgasse, the cyclist dismounted. Peering at signs and numbers through the moonless night, he pushed his machine some fifty yards forward and knocked with his sword hilt on a large weather-beaten door, both halves of which were smudged with long, thin stalks and traces of color like silver fish scales. A whitish tin sign groaning above them bore the inscription: *THE TWO PERIWINKLES*.

The resident opened the door and found himself confronted by a uniformed officer wielding a sword, albeit by the sheath. His alarm increased when the light from the shop illuminated the familiar countenance of Dr. Max Gerson, clad in the uniform of a medical officer.

Since the man Dr. Max was looking at was none other than his unreliable Prussian gardener, the situation was delicate.

The gardener's automatic response, implanted by rigid military training, was to stiffen to attention, raise his hand to an invisible visor and stare past Gerson into the night.

"Herr Gnotke," Dr. Max calmly inquired, "have you lost your tongue?"

"Nein, Herr Kapitan!"

"Ach so! Why are you standing there looking like a ninepin, then? What are you staring at?"

"Herr Kapitan," Gnotke blurted out, short of arguments and ramrod straight, "with your permission, I'm staring at a great scientist."

"Very well," replied Dr. Max, "you are staring at a great scientist and I am looking at a nimble-fingered gardener. Each of us might profit from this."

They spoke for another few minutes,

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Images of Sedona and the New Gerson Healing Center



The Gerson Healing Center in Sedona, against Courthouse Rock

... Photographs by Jim Snyder



Another view of the Gerson Healing Center in Sedona. A beautiful view of Bell Rock, in the background, can be seen from the patient dining/lecture area



The Living Room of a typical Patient Suite, as viewed from the bedroom



The Patient Lounge area, with adjoining patient rooms



The Dining and Lecture Area

From the Convention Circuit

... Patients Save the Day in Toronto

by Charlotte Gerson

On Thursday, November 14th, I was scheduled to do a lecture on the Gerson Therapy in Toronto. Due to a two hour delay in the departure of my flight from San Diego, I was not present at the appointed time. But a miracle happened: two recovered patients were in the audience, one from Toronto and one from Buffalo, and they took over for the evening. They told of their illnesses and their recovery on the Gerson™ Therapy, to the great delight of the audience.

Becky Lash

Becky Lash, from Buffalo, in her mid-thirties, writes her own dramatic story. We reprint it below in its entirety:

"Three and one-half years ago, I was dying. I had been struggling for 18 years following poisoning by pesticides. Progressively, my body wore down. Now, turned-aggressive lymphoma was killing me. And I couldn't add more toxic material, called chemotherapy, to my already toxic body.

"A dear friend placed a bag of Gerson literature on my sickbed, and I began to read and read. My Mom picked up my friend's Norwalk juicer, a bag of organic carrots, etc., and we began "The Healing Adventure" at home. My body cried out with the very first juice, "I LOVE this food! I feel HORRIBLE!" (I did not have the means to come to the Gerson Hospital, but it would have been a far better way to begin.)

"The first juices activated long-gone immune responses. In the first three days, the tumor on the side of my thigh turned to mush and disappeared. And the stationary, poisoned

lymph began to move. Because the lymphoma was systemic and the toxic load in my body had destroyed so much, I have had a continual series of difficult reactions as different parts and organs of the body took their turn at "turning on" to cleanse and rebuild. Buckets and buckets of the old putrid matter has passed from the intestines. Lumps have been coughed up from the lungs. Old black material has been expelled from the uterus. Rock hard lymph glands have softened and shrunk. My body has undergone structural changes, has turned on morbid organs, and, at one point, had to regrow a fingertip I accidentally cut off.



Becky Lash, recovered lymphoma patient

"After 3½ years on the Therapy, I still have a way to go due to the high toxic load still being eliminated. The Therapy is demanding; at times I felt I was running a marathon. But we can't cave in. Whether we can see through the dark cloud or not, there is so much to live for.

"I know that desire to live was stimulated by my loving family and God above. My girls are now 10 and 12. They and my hard-working

husband and mother were a tremendous source of strength and encouragement. Where would I be without them?

"I am continually awed that Dr. Max Gerson could discover an immune-stimulating, total-body therapy and have the courage and ability to explain it. I am deeply thankful for Charlotte Gerson's patient perseverance and clear words.

"I give God the glory. And how I look forward to seeing my children

grow and to some day seeing my grandchildren!"

Farmington, Michigan

On Saturday, Nov. 16th, at 7 AM, I flew to Detroit where we had an all day Gerson Convention, organized by The Tree House health food store in Farmington. There were many people present for the morning lecture and afternoon workshop. The Tree House people provided everybody with a wonderful living foods organic lunch, including fresh carrot/apple juice.

Mercedes LaPine, N.D.

At Farmington, we had a testimonial from a recovered Gerson patient who is now active in helping others: Mercedes A. LaPine, N.D.

Mercedes' problems started in the 1940's, when she was in her teens. Mercedes had a nervous breakdown and was treated with drugs and mineral oil. In 1951, she was diagnosed with duodenal and peptic ulcers. The strict diet that her doctor ordered left her with chronic constipation - leading to more drugs.

By the time she was 30, she says, she was constantly visiting hospitals. In 1960, she was admitted to a hospital with bowel obstruction and a host of colon problems. Through the '60s, Mercedes had 11 pregnancies and raised five children. After a divorce, she had to raise them alone.

In 1970, Mercedes had a serious boating accident which left her partially paralyzed. The severe pain she experienced led her to take still more drugs. With physical therapy, she was able to walk again. In 1971, a Pap smear showed malignancy: carcinoma in situ. Mercedes had a hysterectomy, but her ovaries were left intact, though one of them showed a spot.

Within a few years, cancer recurred and metastasized. Despite much advice to the contrary, Mercedes decided to fight her cancer "the natural way". She started the Gerson™ Therapy as best she could on her own, and also tried several other therapies. Finally in 1979, since she was not making much progress, she came to the Mexican Gerson clinic for an in-depth experience and a better understanding of the Therapy. Today, nearly 17 years later, Mercedes is in good condition, active and teaching others who are ill the benefits of natural healing.

Publication Revision Project Yields Two New Books

... Other Projects Planned

by Chip White

For the past year or so, the Gerson Institute has been engaged in a complete review and revision of our books, videos, brochures, and other communications materials to reflect our renewed commitment to the preservation of Max Gerson's original work, while incorporating the many advances in scientific knowledge and medical treatment that have occurred since his death.

The most ambitious project is completion of our new book *Healing Cancer and Other Degenerative Diseases with the Gerson Therapy*, now in the editing phase and scheduled for publication in May, 1997. (See related story in the Nov.-Dec. issue of the *Gerson Healing Newsletter*.) For Gerson patients, this book will replace two previous publications (*The Gerson Primer* and *A Cancer Therapy*) with more accessible, expanded, and easy-to-follow information, and provide regular updates through a semi-annual revision service.

Another important project is the publication of the *Original Edition of A Cancer Therapy*. This will be the definitive version of Gerson's classic monograph, returning to the original, unmodified text of the first edition of his book. A search of Dr. Gerson's patient files yielded many of the origi-

nal x-rays and photographs used in preparation of the first edition. Using state-of-the-art digital imaging technology, very high quality images were produced for the *Original Edition*, replacing many of the lower-quality second and third generation images of previous editions.

Unlike previous Gerson Institute editions of the book, Part II of the *Original Edition* (the case histories) will be printed on high-quality coated paper, providing much higher resolution and clarity for all photographs, X-rays, and other images. This edition also removes all footnotes, modifications, updates, and appendices not originally included in the book, to restore the text and flavor of Gerson's first edition.

The *Original Edition* is a scholar's reference, for use in understanding Gerson's original ideas and philosophy. It is not recommended for the practice of the therapy, since it does not contain any of the modifications or current recommendations for practice of the therapy.

A *Cancer Therapy Original Edition* will be available February 1st, 1997 for \$24.95 directly from the Gerson Institute, or from most major bookstore chains.

Therapy as a historic, Scholar's Edition, new outreach, database and advertising programs, and the overall redesign of the Institute's published materials. The many skills and connections he forged in his eclectic and successful business career now stand us all in good stead. In a very real way, Chip deserves a large part of the credit for making the Gerson Healing Center in Arizona a reality.

The names "Gerson" and "Gerson Therapy" are trademarks and/or service marks of the Gerson Institute and Cancer Curing Society.

Coffee Corner

... Taking the Enema

by Howard Straus

In the two previous articles in this column, we have described the procedure for brewing the coffee solution that is used for the Gerson Therapy coffee enema, and preparing the space that you will use for your "coffee break". Now it is time to describe the actual process of taking the coffee, soaking and releasing.

The Solution

First, prepare the solution, as described in the Sep./Oct., 1996 *Newsletter*. It should be used at body temperature, which is easily tested by dipping a finger into the solution. If the solution is slightly warm to the touch (not hot or cold), it is going to be comfortable to hold. If it is too warm or too cool, it will be more difficult to hold easily. Pour one quart (or one liter, if you prefer) into your enema bucket or bag, and bring it to your warm, cozy space. Hang the bag or bucket on a hook that is about 20" to 26" (55 to 65cm) above your body when you are lying on your right side.

At this point, you should have on hand a cover, such as a terry cloth towel or an Afghan, some petroleum jelly, an egg timer, and, if you like, a good book, or your diary. Lie down on the enema bench, or on some padding on the floor, if you do not have a bench. Lightly lubricate the end of the catheter with some petroleum jelly, and gently insert the end of the catheter two to four inches (5 - 10cm) into your rectum, and not more than six inches. Never force anything into your body.

When the catheter has been inserted, release the valve to allow the coffee to flow into your body. While the coffee is flowing into your colon, relax and breathe deeply to help the coffee to enter your body. If possible, retain the solution for 12 to 15 minutes after it has flowed in. Experiments have shown that virtually all the caffeine is absorbed from the solution in 12 minutes.

In the beginning of the therapy, and during some healing reactions, it is often difficult to retain the coffee for

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long last validates her hard and dedicated work.

Chip White

Charlotte will be ably assisted in the work of consulting by Chip White, Vice President, Client Services of the Gerson Institute, who has been a driving force in many of the important initiatives taken by the Institute over the past year, including the first Gerson™ Therapy Practitioner's Training course, the publication of a new Gerson™ Therapy book, republication of Dr. Gerson's *A Cancer*

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Some Comments about Doctor Max ...

Charlotte Gerson: "I am very impressed with Giuliano Dego's meticulous research into Dr. Gerson's life-long struggle against ignorance, prejudice and conspiracy. My father's personality shines through this book just as I remember him."

Italo Calvino: "Great suspense, drama and narrative skill in the handling of an explosive theme. A writer who resembles no other."

In response to the excerpts previously published in *Healing*, we have received orders that far surpass our

most optimistic expectations, along with enthusiastic comments. *Healing* would like to share with its readers part of a letter received from **Port St. Lucie, Florida**, immediately after publication of the first excerpt: "... I was especially impressed by the first chapter from Dr. Dego's biographical novel on Max Gerson. First of all, the quality of the writing was excellent; secondly, the content not only created so vivid a panorama in my mind, but also piqued my interest so much that I was cursing you for leaving me hanging at the edge of a cliff, so to speak ... At any rate, it was super."

Doctor Max Prepublication Order Form

Please send me _____ copies of Giuliano Dego's biographical novel, *Doctor Max* (767 pages) at the special prepublication order price of \$22.95, exempt of shipping charges. (Normal cover price: \$24.95 + \$4 shipping). **You save \$6.00 per book.**

US Funds Total _____

Calif. Residents add 7.5% (0.75) sales tax _____

(Tax Deductible) Membership Donation US \$25 _____

\$4 Shipping charge _____ Exempt _____

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Please enclose check or money order (no C.O.D.'s) to cover order.

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Signature _____

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Mail to: **The Gerson Institute, P.O. Box 430, Bonita, CA 91908-0430**

If more information is desired, please ask for it. Order form for other books, tapes and videos is contained in Gerson Institute literature.

Send to:

Name _____

Address _____

City _____

State _____ ZIP/Postal Code _____ Country _____

Telephone (____) _____

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

Coffee Corner...

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the entire prescribed time. Toxicity being eliminated from the system can cause cramps or discomfort during the enema. Sometimes this persists for weeks. There are several ways to deal with this.

1) Lower the bucket to below your body level, allowing some of the fluid to flow back into the bucket, relieving the pressure. When the cramps subside, raise the bucket slowly back to its original level.

2) Close the valve or pinch the tube from the bucket, preventing more coffee from entering your colon until the cramps subside.

3) Release the coffee that you have taken. When you have released it, resume the enema, so that eventually you have taken the entire quart. Try to hold at least a portion of the solution for 12 minutes.

4) Put a warm hot water bottle or heating pad on your abdomen. This can soothe cramps and make the coffee easier to hold.

Experiment with these techniques, and you will soon find which ones work best for you.

When the time has elapsed (that is what the egg timer is for) go to the toilet and release the liquid.

Keeping the equipment clean

Because the moist bucket and tube are an excellent breeding place for germs, it is important that you keep the equipment very clean. Wash both bucket and tube *before* putting the tube back into the bucket. Use a biodegradable detergent to clean up. Rinse your bucket and tube daily, or as often as necessary, with 3% Hydrogen Peroxide (H₂O₂).

What to do while "soaking"

Once you have become comfortable holding your coffee for the 12 minutes, you can use the "coffee break" to do other things. Many people have discovered that this quiet time is a good opportunity to keep a journal of their thoughts and feelings during the healing process. Others use the time to catch up on their reading, either learning more about the treatment they are undergoing, or reading whatever literature appeals to them. Any activity should be chosen to be relaxing and conducive to healing.

Excerpt from Doctor Max ...

continued from page 4

and Herr Gnotke was amazed to find that he had been hired once again as a gardener.

"But no more vanishing roses," concluded Dr. Max, leaving the shop, where rows of empty vases testified mournfully to the collapse of trade. "This year I shall need a quantity of lavender."

Not another word was spoken about the gardener's free-trading with Dr. Gerson's special flower-bed.

Two mornings later Dr. Gerson was wiring a length of garden hose to the front wheel of his bicycle when the gardener appeared, smiling under a faintly episcopal high paper turban. He was carrying a wicker basket covered with a length of the same wrapping paper out of which he had fashioned his turban.

Intrigued by Dr. Max's activity, Herr Gnotke stopped at the gate. "Herr Kapitan, riding on a hose will make you sweat like a tap."

"Which will be a blessing for my health," parried the doctor.

"Your health?"

Shaking his head at the singularity of the thought, the gardener knelt beside the bicycle and unwrapped his basket.

A phantasmagoria of petals appeared. Dried with art and care, their color and perfume were only slightly faded with respect to fresh roses.

Dr. Max studied the consistency of the dried petals between thumb and forefinger. "Splendid!" he exclaimed. "The very veins are still visible. But I really do need lavender. I'm soon to be married."

He took the basket inside, mounted his machine, and rattled away, leaving the gardener, hoe in mid-air, wondering at the capriciousness of human behavior.

*from Doctor Max's
back cover*

Doctor Max is a fascinating, novelistic treatment of Dr. Gerson's life and work. The story begins in 1933 when Gerson, having already developed his

Insurance Coverage for Alternative Medicine

Reprinted from Massage & Bodywork, 28677 Buffalo Park Road, Evergreen, CO 80439-7347

Health insurance for alternative medicine. In 1995, *Newsweek* and *The Wall Street Journal* reported that preventive alternative care is covered by insurance providers at Harvard Community Health Plan, Mutual of Omaha, American Western Life Insurance, and more. These health insurers agree to reimburse doctors who prescribe Roling, acupuncture, chiropractic, and homeopathy or other alternatives in their medical treatment plans.

Lecture Schedule ...

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Los Angeles, CA

Monday, April 7th through Wednesday, April 9th, 1997

Gerson Therapy Home Care Assistant Training

A three-day course for people wishing to be trained in the provision of home care for Gerson Therapy patients.

Location: to be announced. For more information, please call the Gerson Institute, ☎ (619) 585 7600.

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

Recovered Patient Stories Documented

by Chip White

Recently, the Client Services staff at the Gerson Institute undertook the monumental task of contacting all current and former Gerson Therapy patients (over 7,000 in all), to prepare for assembly and publication of outcomes statistics on the treatment of various diseases using the Gerson protocol.

A wonderful "side effect" of this project is the collection of photographs and videotape of these patients and their stories. In November, 1996, the Institute hired professional photographer/videographer Paul Scott to travel to the homes of patients in California, Oregon and Washington to capture their stories and images. Many of these will eventually find their way into our new books, videos and brochures.

Everett Doner, of Client Services did

an outstanding job arranging the interview schedule, handling emergencies, last-minute schedule changes, and other important details. Paul Scott worked nonstop driving from city to city, loading and unloading his equipment at each stop, capturing the personalities and stories behind the recovered patients he interviewed.

Special thanks to all of the patients who opened their homes to us, made time in their busy schedules to tell us about their experiences on the Gerson Therapy, and help us spread the word.

We will continue this project in the coming year in different parts of the country. If you are a recovered patient, or know of one who has not been contacted by our office, please contact Client Services at the Gerson Institute so that we can arrange to document your recovery and story.

cancer therapy, is forced by Hitler's racial laws to leave Germany. To keep his memory and method alive, Count Andrej Markhoff—an émigré Russian aristocrat whom Gerson has cured of the "incurable" disease, lupus—decides to write the great physician's biography. But hired Nazi assassins set off after the Count and the group of colorful characters who have gathered around him: an ailing child (undergoing Gerson's treatment with the help of Fritz Mozart, Gerson's humorous and aging factotum), a former prostitute, a mute dog, Markhoff

himself vanishes, and the author, who recovers his papers, inherits his passion for presenting Gerson's life. The scene shifts to a Mexican clinic, where the author observes the Gerson method at close hand, while incurring a new set of adventures as he unveils and further documents the anti-Gerson conspiracy. A surprise ending rounds off the tale. This compassionate, action-filled and disturbing story is something you read, but you also live through it, since it directly concerns your life.