

# GERSON™

# HEALING

## NEWSLETTER

VOLUME 12, NUMBER 2

MARCH - APRIL 1997

## Gerson Center at Sedona opens in Arizona

*... first patients treated February 20th*

by Chip White

As we announced in our belated January/February newsletter, the Gerson Center at Sedona (GCS), opened February 20th, 1997 in Sedona, Arizona, operated by our sister organization, the non-profit Gerson Center for Natural Medicine. GCS is the first-ever nonprofit Gerson Therapy treatment center, and the first U.S. center for Gerson therapy treatment since Dr. Gerson's center in New York closed almost 40 years ago.

Located in an area recognized for centuries as a place of powerful healing, GCS has already acquired a dedicated, spiritually-minded team of caregivers, each with experience in various forms of natural and holistic healing. From the kitchen staff to the nurses, the office staff, and the medical doctors and consultants, the love, dedication, and commitment to excellence is immediately felt by all who enter. For all of us at both organizations, it has truly been a magical experience. Although the facility presently has only a small number of

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## Fundraising Banquet to Fête Charlotte's 75th Birthday

*... Event to be held in San Diego castle*

by Chip White

One of the many milestones that the Gerson Institute will see this year is Charlotte Gerson's 75th birthday. To celebrate this important event, we are pleased to announce a special fundraising banquet April 26th at Pottinger Castle in Alpine, CA. Charlotte has worked tirelessly for more than thirty years to keep her father's work alive, and she continues to work, often seven days a week, preparing new material for our upcoming books and Newsletter articles, visiting patients both at the Meridien hospital in Tijuana and at GCS in Arizona, and presenting lectures and workshops worldwide.

The banquet will be an opportunity for those that Charlotte has touched over the years to pay tribute, but also to make or renew friendships with other members of the "Gerson family"; including Gerson physicians, recovered patients, Gerson Institute staff, and our many supporters. The event will also raise funds to support operations at the Gerson Center at Sedona, our new nonprofit treatment center in

Arizona (see separate article).

Pottinger's Castle in Alpine, CA will be the location of the festivities. John Pottinger, a stone mason and the proprietor of Pottinger's Castle, designed and painstakingly built the castle over the past 13 years. Beautifully landscaped grounds surround the moat, and the imposing stone exterior opens to a richly appointed interior with a large banquet area and a "fully equipped dungeon" (!). The castle was only recently completed, and Charlotte's birthday banquet will be one of the first events held there.

The banquet will feature specially catered, organic Gerson food and juice, a leisurely opportunity to mingle and chat, and live music by a string quartet.

Thomas Moran, proprietors of Sunshine Organics (formerly Jimbo's Naturally) in North Park, San Diego, have graciously donated all of the organic fruits, vegetables, and other foods that will be served at the banquet.

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## Charlotte's 75th ...

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quet, along with beautiful canvas tote bags that each participant will receive to commemorate the event.

Invitations were mailed out in mid-February, and RSVPs are due back in mid-March. Should you wish to attend the affair, you may reserve as late as April 18. The banquet is open to all; if, for some reason, you did not receive an invitation and would like to attend, please call our office.

If you are unable to attend, but would still like to support this very special event, your generous tax-deductible donations help us to continue expanding our outreach and assistance to those who need to hear our message.

All of our staff are excited about this special event to "give back" some of the hard work, love and devotion that Charlotte has given over the years to bring the Gerson Therapy to the important place it holds in the holistic medical movement that is finally reaching into the mainstream. Please make every effort show your support for this important event.

### Doctor Max

by Giuliano Dego

Now Available for \$24.95 plus tax and shipping from the Gerson Institute. Order your copy today by calling 619.585.7600.

## 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.

# Liquid Mineral Supplements

*... Gerson patients warned on use*

by Charlotte Gerson

It has come to our attention that many former Gerson patients have been contacted by supposedly research-based Gerson Therapy practitioners and have been urged to take a liquid mineral supplement. The patients may have been told that the Gerson™ Therapy is deficient in minerals.

It is unlikely that the Gerson Therapy is deficient in minerals with the large amounts of fresh juices supplied to the patients. We regularly meet recovered patients, mostly terminally ill at the start of their Gerson treatment, who remain alive and well for many years. Some of them are described in this issue of the *Gerson Healing Newsletter*. Many remain well after five, ten or more years, without mineral supplements.

We must consider the possibility that even organically grown foods are not always fully mineralized. However, we are very uncomfortable with experimentation on patients rather than the application of controlled

Gerson's book, *A Cancer Therapy*, p. 415, Appendix II. Dr. Gerson, in the course of a lecture, was asked the question: "Are vitamin and mineral supplements OK?" We quote his answer in full:

### Dr. Gerson's Experience

"No, they are wrong because calcium and many other minerals cannot be added.

They bring the system out of harmony. With calcium you can produce cancer. 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. There must be harmony in our body under the law of totality. One should not change the mineral metabolism, especially not in cancer. Only the two most important minerals, potassium and sodium, must be balanced. This is the need of the cancer patient."

Table 1. Chemical analysis of liquid minerals in supplement

Major Minerals	CDM/liter	EME		CDM/liter	EME
Calcium	2115	792.125	Chloride	1030	396.26
Magnesium	610	228.755	Manganese	14.9	5.5875
Phosphorus	444	166.5	Potassium	2640	990
Silicon	315	115.25	Sodium	495	185.625

tests, particularly in the face of Dr. Gerson's warning about using mineral supplements, below.

(See Table 1 above for analysis of the liquid minerals that are being urged on the patients)

A very large number of minerals contained are present in trace amounts and are presumably safe. However, it is important to note the relatively large amounts of sodium (!), calcium, and magnesium present in the material, not to speak of a small amount of fluoride (8.2 CDM; 3.075 EME)

I refer our readers once more to Dr.

## GERSON HEALING NEWSLETTER

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## Editor's Corner

... Notes from Sedona

by Howard Straus

For the past several months, we have been operating from temporary quarters in Sedona, Arizona, the site of our new Gerson Healing Center. We have been assigned the daunting task of putting together a staff, negotiating leases, locating and evaluating suppliers, complying with regulations and a host of other details that boggle the imagination. From time to time, it has seemed overwhelming, but it is always worthwhile.

(Incidentally, this may explain to you the tardiness of the past two Newsletters: there have simply not been enough hours in the day to do the amount of work that needs to be completed. We are striving to remedy this situation, but hope and pray that our readers will forgive us this shortcoming as being a small sacrifice for a worthy cause!)

What we noticed during this process, when we stepped back from the day-to-day activities and reflected, is that this effort seems blessed by some outside spirit that keeps sending exactly the people and help we need just at the right time. It has happened on far too many occasions for us to dismiss this assistance as mere coincidence. Our staff at the Gerson Healing Center has begun to accept the occurrences as confirmation that we are truly doing the right thing, and the Universe, or perhaps even Dr. Max, is helping us along.

On the subject of the staff, the Gerson Healing Center at Sedona has managed to assemble the finest and most dedicated group of people that I, personally, have ever had the pleasure to work with.

Our nurses came to us, each with the strong and stated desire to return to the principles that brought them to nursing in the first place: helping people to heal, and providing them with the means to do so. We have heard many nurses express this sentiment, but most do not have the opportunity during their careers to do anything about it. One of our nursing staff, Charlotte McGuire, is the founder and past president of the American Holistic Nurses Association, the fastest growing nursing organization in the

United States today. Her Valentine's Day greeting to the staff appears in the rightmost column on this page. These women are deeply dedicated to real healing and bring such joy to their work that it is impossible not to respond. Many of the staff have chosen to work with the Gerson Healing Center even though it meant a personal sacrifice to do so. The Center is a dream come true for so many.

Which brings us directly to the kitchen staff, a group of young men who have truly taken to heart their responsibility to provide the food and healing materials that this central and vital function fulfills at a Gerson Healing Center. The Executive Chef, Mr. Stephen Hill, is trained in the preparation of classical French cuisine, and has taken the limitations of the materials he can use in the Gerson Therapy as a challenge to be creative and artistic. The result: the most delicious Gerson food we have ever tasted, including (sorry, Mom) at mother's own table. The "oooh's", "aah's", and "mmm's" echo from every table, reflecting the care and love that these engineers of healing are pouring into the material. Since staff eat with the patients, we are all enjoying the benefits of the daily Gerson feasts.

The resident massage therapist, Cathleen Cramer, a Reiki master and provider of healing touch to the patients several times a week, is also an author, having published a book, *Legend of the Eagle Clan*, about the forced move of the Sioux from their ancestral home in Ohio to their new home near Sedona.

Our office manager, Anita Wilson, has taken on the task of organizing the back-office operations admirably, and Administrator Dan Nguyen, M.D., has worked unending hours, seven days a week, to make this new facility a success.

After working out a few glitches in the melding of two operations in one physical facility, the staffs, with goodwill and consideration, have managed their dance to the point where they move smoothly and efficiently together.

The overall effect of the magnificent, healthy staff, the dedication, love and spirituality that they all bring to the task has made the first few weeks of operation one of the most extraordinary experiences of my life.

The results are evident in the

## A Valentine from Charlotte McGuire

... RM at Gerson Center in Sedona

*On Valentine's Day, 1997, the staff at the Gerson Healing Center at Sedona was busy organizing the facility and the routines that kitchen, office and medical staff would be following. We were touched and honored to each receive the following greeting from one of our treasured nursing staff, Charlotte McGuire.*

Dear Ones,

Happy Healing Hearts Day! I want to take this opportunity to tell you how blessed I feel to be sharing this exciting adventure with you. Being a part of the initiation of this healing center is a long-held dream, and I know that we are all here by an appointment with destiny. It feels as if we are being given an exquisite gift, and I know that we will honor and cherish that gift. I feel such passion for the Gerson Center and for all of you who will be on the Gerson team. We stand on the threshold of a monumental event in the healing of ourselves, our patients, our healthcare system, and our Earth Mother. I have long been dreaming, speaking and writing about creating a Healing Healthcare system, and together, we will make a giant step toward realizing that dream. I wish for each of you a Valentine's day filled with everything your heart desires.

May our paths together be filled with abundant health, joy, laughter, affection, prosperity, compassion, caring and love for all that is and may our coffee breaks be meaningful and productive!

In love and healing,

/s/ Charlotte McGuire

response of the patients. In the first two weeks of operation, we have seen medical "miracles" the likes of which are not seen in a lifetime by most medical professionals, but are amazingly common among Gerson™ Therapy patients. We look forward to a long and happy sojourn in this beautiful and healing place, Sedona, Arizona!



## Sedona Center Opens ...

*Continued from page 1*

patient beds, we can grow as needed to a larger capacity. We plan to use the GCS facility as a teaching center for practitioners in our training program, and as a "reference point" for the standards of quality currently being developed for medical groups seeking certification as Gerson Therapy treatment centers.

Care at GCS has been described by its first guests as "excellent". One patient, after 24 hours at the Center, exclaimed at dinner, "I love this place!" Alicia Melendez, M.D., one of our two long-time Gerson Therapy physicians, was present on opening day, describing the GCS project as a "miracle". She and Luz Maria Bravo, M.D. will alternate weeks at GCS while maintaining responsibilities for supervision and treatment of patients at the Meridien Hospital, our affiliate Gerson Therapy center in Playas de Tijuana.

It is important to recognize that while the opening of GCS represents a major milestone for the Gerson Institute, it does not diminish in any way the importance or value of the Meridien Hospital. Meridien staff has worked tirelessly over the past 16 months to truly become a state-of-the-art Gerson Therapy facility in Mexico, by far the finest treatment center we have ever had there. Meridien continues to offer the full Gerson Therapy treatment, along with some adjunctive treatments not presently available in the U.S. due to regulatory restrictions.

Because Meridien is also a fully licensed hospital, it has a larger staff and is therefore better equipped to work with seriously ill patients than GCS. We look forward to a long relationship based on mutual cooperation and respect between the two hospitals and the Gerson Institute, and look forward to the day when there are dozens of hospitals and hundreds of Gerson trained physicians available to fill an ever increasing demand for medicine based in prevention, natural healing, and long-term health.

*Imagine your dream ...  
Hold it expectantly in  
your consciousness ...  
Watch it unfold!*

## Recovered Breast Cancer Patient

*... Alberta Frye shares some of her experiences*

by Charlotte Straus

In September of 1985, Alberta Frye discovered a lump in her breast. She was examined, and subsequently had a lumpectomy and biopsy, followed by radiation and chemotherapy at the Virginia Mason Hospital in Seattle. In 1989, she was examined and found to have cancer in her throat. She had another surgery, followed again by radiation. Only four or five months later, the cancer had spread to such an extent that she was told to have more radiation and surgery. However, she had suffered so much with the dryness following radiation that she hesitated to take more. She asked the doctor how much the radiation could extend her life. The doctor told her that she would have less than a year, perhaps only two to three months without it to live. She decided that the disadvantages outweighed the potential gain, and she did not want any more radiation.

At about that time, in November of 1990, a girlfriend talked to her about the Gerson Therapy. She went to the Gerson Hospital in Mexico before the end of the year. At first, she was skeptical about the Gerson Therapy. "I did the best I could but followed the Therapy only about 60%," she says, partly also because she felt that she was causing her husband a lot of heartache. But, pretty soon, "I real-

ized that I was not getting worse but was getting better. Then I went on the Therapy 100% for about 6 months, then back to 50 - 60% from then on." She was told that she didn't have any more cancer.

Three years ago, she felt that she was "so much better". The dry throat (radiation damage) was cleared, and now, in early 1997 "I feel the Gerson Therapy worked! I could tell that my body was getting better every day." She does not feel like retiring at her present 64, she and her husband enjoy working. They have a small business.

When she went back to her original doctor and told him she was doing the Gerson Therapy, he simply walked out of the office. She felt "he, as many doctors, doesn't want to know!" Meantime, she sent between five and eight people to the Gerson™ Therapy and they are just about all doing well. Of her circle of acquaintances, four men developed prostate cancer. She tried to send them to the Gerson Therapy in Mexico; one man (Jack McGee, now 85) did the Therapy and is alive; the others took orthodox treatments and died. Alberta had told them "Try it, it works. What have you got to lose but your life? I thank my Lord for showing me the Gerson Therapy was the way to go."

## Patient Letter — Marilyn Hageman

*... First Sedona patient*

I was honored to be the first patient to walk in the doors of the Sedona Healing Center. I had read the book on the Gerson Cancer Therapy. My husband and I had decided to take the alternative for the healing of this tumor. The AMA wanted to cut and burn it out, but we felt there was a better way. We believe that God directed us to Gerson.

It's a very beautiful setting in Sedona. The staff, nurses, cooks all greeted us, we were treated in a very special loving way. It encouraged us, knowing they all believe in this thera-

py, because if [we] follow the therapy treatment, we will be healed. It works.

I've only been a month into it. I feel more energy an all around good feeling with the healthy foods I'm eating and the coffee enemas.

Thank you Howard, Dan, Anita, Mary, Charlotte, Pam, Lori. Give our love to the cooks, too!

God bless you all,

/s/ Marilyn and Ken

# 'Beets – They're What's For Dinner'

*from the Vegetarian Voice, Vol. 22, No. 1*

by Charlotte Gerson

Our readers are always interested in recipes and ideas for providing interesting and varied meals. The above headline caught our eye, and we looked closer.

First of all, a chart of the nutritional content of beets interested me. As we know from Dr. Gerson's *A Cancer Therapy*, he allowed beets as a vegetable, but did not suggest their use in juices. However, the green juice con-

tains beet tops "the young inner leaves". Some of the reasons for this inclusion are shown in the table below.

Since Dr. Gerson's death in 1959, research has borne out many things that he discovered through his clinical work with patients. Vitamin A, for example, has been shown to be an important immune system activator. Looking at the above table, we see the

extremely high content of Vitamin A in beet leaves, contrasted with the relatively low Vitamin A content in the beet root. Also note the very high content of potassium and calcium. These figures (especially content of Vitamin C) are probably even more impressive when we look at the raw beet tops, used in the green juices of the Gerson™ Therapy.

Dr. Gerson did not want the beet roots to be used in juices. While we did not find any references in his writing for the reason underlying this prohibition, we assume that it is because of the high sugar content of beet roots. Any material used in juices will be ingested in relatively large amounts. When beet roots are used as a vegetable, they are used once or twice weekly at most, and do not disturb the sugar metabolism.

Here are two of our favorite recipes for using beet roots:

Boil one bunch of beet roots in their jackets in enough water to cover. Depending on size, it takes one hour or more until the beets are done (soft). Push the peel off with your fingers under cold water. Slice. Then:

1. Pour 1/4 to 1/3 cup of applesauce over sliced beets, reheat and serve as "Harvard beets".

or

2. Slice some onions and a few strips of green pepper and mix with sliced beets. Pour 1/4 to 1/2 cup of salad dressing over beets and let marinate for a few hours or overnight. Serve as beet salad.

*Table of Nutritional Contents of Beets (Roots and Leaves)*

<i>Nutrition Profile serving size</i>	<i>Beets (Roots) 1 cup cooked</i>	<i>Beet Greens (leaves, stems) 1 cup cooked</i>
Calories	56	29
Protein	2.4 grams	2.4 grams
Carbohydrate	12 grams	5.7 grams
Fiber	4.75 grams	7.0 grams
Fat	0.2 grams	0.4 grams
Vitamin A	30 IU	8100 IU (Int'l Units)
Folic Acid	133 micrograms	150 micrograms
Vitamin C	10 mg	27 mg (higher when raw)
Calcium	34 mg	150 mg
Iron	1.3 mg	1.7 mg
Magnesium	31.4 mg	103 mg
Potassium	530 mg	1303 mg
Sodium	73 mg	109 mg

## Cheating Hell

*... Recovery from Pancreas Cancer*

by Charlotte Gerson

Some of our long-term readers may remember an item in our *Healing Newsletter*, Vol. 10, No. 4, of July/August 1995 in the "Charlotte's Clinical Notebook" feature, an item entitled *Medical Hell* appeared at the end of the article, on page 8. Specifically, this report concerned James Wilson, aged 38, who had been diagnosed with pancreatic cancer, after a laparotomy (the opening of the abdomen for diagnostic purposes). We

published the item because we were so shocked about the doctor's report, which read:

"The gravity of his illness was explained to him. At the moment, he's in a state of denial and shock but certainly his father [a retired MD] and wife are well aware of the seriousness of the situation.

"This man was informed of the diagnosis ... This at least prepared him for

the descent into hell of having the diagnosis of cancer of the pancreas that he is now embarked upon ..."

After the above medical report, he was also diagnosed with spots on his liver.

22 months later, James is spending a week at the Gerson Therapy Hospital in Mexico, just for a vacation from having to make his own food and juices. He is in good condition. He has no pain, no swelling and his energy is good. James is looking forward to the end of the strict Gerson Therapy in just a few months.

We are awaiting his full story, and will publish it in a future *Healing Newsletter*.

# Causes of Many Chronic Diseases "Poorly Understood"

... *Drugs can cause symptoms they are supposed to treat*

by Charlotte Straus

In the course of doing research toward our new book, *The Gerson Therapy - Healing Cancer and Other Chronic Diseases*, we looked at the latest material on chronic diseases available, in *Current Medical Diagnosis & Treatment, Revised edition, 1997*. Our purpose is to check the latest scientific findings concerning these diseases, their causes, treatments and results vs. the treatments and results of the same diseases treated with the Gerson Therapy.

First of all, let us clarify 'chronic' disease, as opposed to acute disease. It is considered 'of long duration' (Taber's Cyclopedic Medical Dictionary, 17th Illustrated Edition, copyright 1993, by F.A. Davis Company), also 'a disease showing little change'. While not stated, it implies that it is 'incurable'. We have seen and shown in many cases, 'incurable' becomes 'curable' with the Gerson Therapy.

Some of the scientific material we found during our research may be of interest to our readers, as it bears out much of what we have been saying for years. In a considerable number of diseases, we find that "the causes are poorly understood", or "unclear", or "unknown". Nevertheless, various drug treatments are given - largely to suppress symptoms. The futility, even danger, of giving powerful drugs to solve a problem for which the cause is "unknown" or "poorly understood" should be evident simply because the drug *may* make the condition worse. Since the cause of the disease is not understood, the drug's effect on the disease cannot possibly be fully or properly understood either. In con-

trast, we feel that the Gerson Therapy, by addressing the underlying causes of all chronic degenerative diseases as we understand them, namely "toxicity and deficiency" has instead produced long-lasting and predictable cures.

The following are direct quotes from *Current Medical Diagnosis & Treatment, (Revised Edition 1997, by Lawrence M. Tierney, Jr., Stephen J. McPhee and Maxine A. Papadakis, Appleton & Lange, Stamford, CT. p. 925.)*

**Multiple Sclerosis** "This common neurologic disorder of unknown cause has its greatest incidence in young adults."

**Syringomyelia** (a progressive disease of the spinal cord): "The precise pathogenesis is unclear." (Ibid. P. 932)

**Asthma** "The pathogenesis of asthma is poorly understood." (Ibid., p. 241)

**Autoimmune Diseases** (Includes rheumatoid arthritis, Lupus erythematosus, scleroderma, etc.) "Although the autoimmune disorders are regarded as acquired diseases, their causes cannot be determined in most instances." (Ibid., p. 767)

An editorial in a past *Newsletter* urged consumers to read, and read carefully the data on the little sheet that comes with most prescription medications. If more people did so, far fewer would take drugs. Below is some information regarding "common side effects" of some of these preparations. Please note that in the case of migraines, for instance, the side effects of preventive drugs are exactly the symptoms experienced during a migraine attack!

Since the description of migraine symptoms include the following (Ibid., p. 892): headaches, nausea, vomiting, blurring of vision, it is remarkable that the common side effects of suggested migraine prophylactic (preventive!) drugs are shown in the table below:

These side effects of preventive drugs, producing the very symptoms of regular migraines, are particularly remarkable in view of the fact that most migraines are easily treated and promptly cleared with a simple coffee enema!

*Table of Prophylactic treatment of migraine; (Ibid. P. 894)*

Drug	Common Side Effects
<i>Aspirin</i>	Dyspepsia, gastrointestinal bleeding
<i>Propranolol</i>	Fatigue, lassitude, depression, insomnia, nausea, vomiting, constipation
<i>Amitriptyline</i>	Sedation, dry mouth, constipation, weight gain, blurred vision, edema, hypotension, urinary retention
<i>Imipramine</i>	Similar to amitriptyline (see above)
<i>Sertraline</i>	Anxiety, insomnia, sweating, tremor, gastrointestinal disturbances
<i>Fluoxetine</i>	Similar to those of Sertraline (above)
<i>Ergonovine Maleate</i>	Nausea, vomiting, abdominal pain, diarrhea
<i>Cyproheptadine</i>	Sedation, dry mouth, epigastric discomfort, gastrointestinal disturbances.
<i>Clonidine</i>	Dry mouth, drowsiness, sedation, headache, constipation.
<i>Methysergid</i>	Nausea, vomiting, diarrhea, abdominal pain, cramps, weight gain, insomnia, edema, pulmonary fibrosis and thickening of cardiac valves.
<i>Verapamil</i>	Headache, hypotension, flushing, edema, constipation. May aggravate congestive heart failure!



# From the Convention Circuit

... Charlotte reports on recoveries from kidney and breast cancer

by Charlotte Gerson

As our regular friends and readers know, we are always very gratified and excited when we go to health conventions and meet recovered patients who have used the Gerson™ Therapy and saved their lives. In the course of the National Health Federation convention in Pasadena this January, we had the pleasure of seeing several of our former patients and we are anxious to share their stories with our readers.

## David Saracoff

David Saracoff is going to be 65 this year. In October of 1990, he was diagnosed with kidney cancer that had spread to both kidneys. He had originally gone to his urologist because of an enlarged prostate that was giving him some problems urinating. At the time of treatment for this problem, he was also given an I.P. test. The I.P. revealed "a depression, like something was pressing on his kidney". To check further, a CAT scan was done but nothing showed outside of his kidneys, however tumors showed in both kidneys: five or six tumors in the right kidney, three in the left. A needle biopsy was done on the largest tumor and showed positive for a fast growing malignancy. His doctor told David he could not remove only the tumors because they were too close to the major blood supply to the kidneys. He said that "this was the worst possible scenario he could possibly imagine" but suggested removing both kidneys. This would have required David to receive permanent dialysis for the rest of his life. David refused. Another doctor sent him to UCLA for an 'experimental interferon program'. The oncologist at UCLA would not allow David to participate in the experimental program, since there was a chance David was 'curable' by removing both kidneys.

At this point, David was sent back to his surgeon/urologist for removal of his kidneys. David also asked about a kidney transplant, but he was told that the immunosuppressant drugs required in order for his body not to reject the new kidney would cause his

cancer to recur. (!) David was also told that if he was going for nutritional treatment first, it might be too late to do surgery. He refused the surgery nonetheless.

Instead, in January of 1991, David came to the Gerson Therapy hospital in Mexico. His first urinalysis after checking in showed a slight amount of blood in his urine. None showed in any of his subsequent tests. He did the strict therapy for two years, and continues on a less intensive treatment. Six years later, David is down to four carrot juices, one green, and a coffee enema every other day. He still does the castor oil treatment every other month. He has regular blood tests and urinalyses done and David reports



David Saracoff

that his doctor commented: "he never sees blood tests this good, they are better than his own." Since kidney cancer tends to spread to the lungs, David had lung X-rays done some months ago. His lungs showed clear.

David is currently in good health, has fair energy, his weight is steady, his appetite and sleep normal. He is pain free. He is "fairly active, bought a motor home and took a trip back East for seven weeks, and went camping." Surprisingly, tumors still show in his kidneys. At the time of his diagnosis and biopsy, these were 'fast growing'. Since they have not changed in six years, we have to assume that they are either encapsulated or calcified

and 'dead'. If they were active, they would be growing and/or spreading. They remain unchanged and no other cancer has appeared in his body for the past six years, so it is fairly safe to assume that the tumors are either dead or encapsulated.

## Paula Bambic

The next patient was not herself present at the convention; a friend reported that she was well after a bout of breast cancer. Since breast cancer is unfortunately so widespread, we felt that this story should also be reported. We took her name and phone number and talked to her.

In October of 1991, before her period, Paula Bambic felt a lump in her breast. A mammogram showed a shadow. Her doctor urged a needle biopsy, which was done and confirmed a fast growing malignancy. Her doctor suggested surgery, followed by radiation and chemotherapy. Paula refused. He then suggested that she should at least have a lumpectomy. Paula had a lumpectomy on an outpatient basis, in the course of which about a quarter of her breast was removed. Following this procedure, her surgeon told her that he found her entire breast full of cancer and that Paula should have a complete mastectomy. Paula knew about the Gerson Therapy, besides her minister at church the next Sunday, urged her to "look into the Gerson Therapy."

In December of 1991, Paula came to the Gerson Therapy hospital in Mexico. Nine months later, she was cancer free, all her tests looked good, her cancer markers are normal. She now reports that she "feels wonderful" and stays close to the therapy. Her weight is steady, her appetite and sleep are normal, she travels extensively, gives much of her time to work as a full volunteer at church besides enjoying and spending much time with her three year-old grandson. She says that recovering from cancer was "an incredibly wonderful experience in all ways". At a little over five years since the start of her treatment, we can claim a "cure" of her breast cancer.



# More News about Olestra

... Fake fat causes hundreds of hospitalizations

by Charlotte Gerson

Last year, in our *Healing Newsletter* we published an article about the non-fat fat, olestra, developed by Procter & Gamble and approved for limited use by the FDA. Olestra has now been test marketed in Columbus, Ohio, Cedar Rapids, Iowa, Grand Junction, Colorado and Eau Claire, Wisconsin, along with powerful media publicity. (CSPI estimates a \$5 to \$10 million propaganda blitz.)

The Center for Science in the Public Interest (CSPI) has a press release on the Internet, warning people to

"ignore Procter & Gamble's almost desperate multimillion-dollar advertising barrage aimed at covering up olestra's demonstrated gastrointestinal effects."

Executive director of CSPI, Michael Jacobson, stated that "many consumers have experienced severe symptoms, including

incapacitating abdominal cramps and diarrhea lasting several days. For example an 11-year old boy in Grand Junction, Colorado, suffered such severe diarrhea that he missed three days of school. A retired 37 year-old policeman in Eau Claire, Wisconsin, had such painful cramps that he felt he was trying to pass a softball that wouldn't move. A mother in Cedar Rapids, Iowa, said that her olestra-induced cramps resembled labor pains."

A physician in Cedar Rapids stated at a press conference: "I ate olestra potato chips three times and got sick each time. Once I suffered diarrhea for four days."

The Internet report also states, "because of the clear evidence that olestra causes adverse effects, hundreds of doctor and many distinguished scientists had urged the FDA not to approve olestra. Included among these are Harvard School of

Public Health nutrition department, the former chief of human nutrition at the U.S. Department of Agriculture, a top researcher at the National Cancer Institute and many more."

Procter and Gamble as well as the FDA were also aware of a more insidious danger inherent in the consumption of olestra. Says Jacobson, "While people can feel the cramps caused by olestra, they won't feel it flushing fat-soluble nutrients, including

carotenoids (a Vitamin A precursor) out of their bodies. These protect against cancer, heart disease and blindness." Professor Meir Stampfer of the Harvard School of Public Health estimates that "widespread, long-term use of olestra could cause thousands of cancer and heart disease deaths and many cases of blindness."

The CSPI has filed a deceptive advertising complaint with the Federal Trade Commission regarding the ads for olestra and has petitioned the FDA to withdraw its approval of olestra. The Internet news release of July 1, 1996 states that CSPI told then FDA commissioner Dr. David Kessler "that its research had found that a majority of members of the FDA's advisory committee had connections to the food and chemical industries."

Recently, KNX radio in Los Angeles, a CBS affiliate, reported in its morning news that over 200 people had required hospitalization due to the severity of their symptoms after eating Max chips, made with olestra by the huge Frito-Lay company. Jacobson feels that the reputation of Frito-Lay is "literally going down the toilet".

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

**A 37 year-old policeman in Eau Claire, Wisconsin, had such painful cramps that he felt he was trying to pass a softball that wouldn't move.**

# Coffee Corner

... Some odd tidbits

by Howard Straus

Some years ago, my wife Sally and I were invited to spend a skiing weekend with some old friends of hers who owned a chalet in North Lake Tahoe, CA. Since it was a capacious residence, other friends had also been invited to stay the weekend as well.

One of the other guests was a woman who was in the "strange" habit of doing daily coffee enemas. Since this is a habit generally shared only with other Gerson Persons, I was curious about her motivations, and asked her about it at a convenient juncture. (As if any juncture could be really convenient or comfortable to ask a stranger, "Why exactly do you take coffee enemas?") Her answer did not exactly surprise me, because of the rarity of the practice among the general population of the United States, and possibly most of the rest of the world. She attributed the Gerson Therapy, as set forth in Dr. Gerson's book, with saving her life, though I never found out the ailment.

What did surprise me, however, was the sequel to her story. She had, for several years, been the road manager for the U Zulu Dance Company of South Africa, an incredibly athletic and talented group of Southern African dancers, drummers, musicians and actors. Those who have never experienced their primal, colorful and expressive dances should keep this troupe in mind if they ever get a chance to see them dance.

The group had brought with them their own medicine man from Africa, and trusted him with their health much more than they trusted Western, allopathic medicine. The herbs and incantations seemed to be keeping them fairly healthy, since they performed highly athletic and exhausting routines, often nightly.

The road manager, however, related the surprising information that the troupe's medicine man, in order to maintain the health of each individual and the troupe in general, required each of the dancers to take a coffee enema every night. "The room service bills for coffee," our new friend told

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# Hyperactivity in Children

... An easily prevented problem

While various factors seem to be involved in a child's hyperactivity, most physicians and practitioners of alternative medicine agree that food additives, food allergies and excessive sugar consumption are the crux of the problem. In almost all cases of hyperactivity, Attention Deficit Disorder (ADD) is present. Dr. Eric Jones, N.D., Dean of Academic Affairs at Bastyr College in Seattle, Washington, and a naturopathic pediatrician, is quoted in *Alternative Medicine, The Definitive Guide*, (Compiled by The Burton Goldberg Group, © 1994 by Future Medicine Publishing, Inc., p. 610) as stating that "at least half of his ADD patients improved when

taken off sweeteners such as sugar and corn syrup." A recent study done by the Yale University School of Medicine showed that when children eat sugar, it causes twice the amount of adrenaline to be released into the bloodstream as it does in adults. Adrenaline is a stimulant hormone.

Richard Moskowitz, M.D., a homeopathic physician in Watertown, MA (ibid., p. 610) also discovered hyperac-

tivity in a child after inhaling perfume. However, treatment with homeopathic substances was able to reduce most of this hyperactivity.

Caffeine is present in several brands of soda pop (Coca Cola, Pepsi) and tends to produce hyperactivity in school children. Dr. Benjamin Feingold, M.D. studied the possible link between attention deficit disorder and food additives. Extensive studies

tend to support this theory although the National Institutes of Health Consensus Development Conference on Defined Diets and Childhood Hyperactivity only suggested further investigation into this subject.

In allopathic practice, hyperactive children with ADD are usually treated with Ritalin®, a drug that has serious side effects over a period of time. Since a change of diet, withholding of sugar and caffeine stimulants, organically grown foods and natural foods prepared without additives produce such excellent results, one should seriously consider a less intensive Gerson Therapy in the place of drug treatment.

**When children eat sugar, it causes twice the amount of adrenaline to be released into the bloodstream as it does in adults.**

## From the mailbag

... Reader banishes lithium

"Greetings from Western N. Y. After we met last summer, I followed the Gerson diet and found my way to better health, physically, mentally and spiritually. In parallel with the new nutrition program, I began a stringent exercise process of 1 1/2 to 2 hours

per day.

"Additionally, with the concurrence (although at first he was somewhat discouraging) from my psychiatrist, I am now lithium free after several years of mood swings. I have not had any recurrence except for normal highs and lows from everyday living. Dr. L. is interested in learning more about the Gerson process."

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

## Coffee Corner...

*Continued from page 8*

us, "were astronomical!"

I could not find out, however, where the medicine man got the idea for coffee enemas. I would tend to doubt that he had heard of a German cancer physician, widely denounced in the United States, or, even if he had, that he would have used part of that doctor's cancer therapy as prophylactic care for his dancers. Whether it was his idea, or a traditional remedy in Southern African tribes is a mystery that I would like to one day solve.

The history of the coffee enema, as used by Dr. Gerson is, in itself, quite interesting. The story begins in the MASH units of the German Imperial Army of World War I. Towards the end of the lengthy conflict, the noose of the Allied blockade of Germany had cut off supplies of pain-killing narcotics used as post-operative analgesics by the doctors and nurses. This left the medical staff at the front with tens of thousands of casualties in agony and no way to relieve them.

Desperate for some means of alleviating the pain, the nurses tried anything. One of the "bizarre" solutions was to try enemas with the only sterile solution available: the coffee the surgeons had on hand to keep them awake for their 36 and 48 hour shifts. To the amazement and gratitude of the nurses, the soldiers reported great pain relief, to the point that the remedy was used widely instead of the unavailable drugs.

After the war, a physician who had witnessed the phenomenon did animal research at the University of Göttingen, and discovered the liver cleansing properties of the coffee enema, with its accompanying pain relief.

Years later, when Dr. Gerson began treating cancer, he lost a few patients to hepatic (liver) coma; the toxic byproducts of healing were poisoning the liver. But how could he remove the toxins from the liver? It was then that he remembered the experience of the nurses in WW I, and began using the coffee enema to flush the toxins out of the liver. This proved to be the answer, and has remained an integral part of the Gerson Therapy ever since. The pain relief aspect remains, and is a welcome feature to cancer patients who are often in major pain.

# Gary B., N.D., Ph.D.

## ... *Lymphosarcoma Recovery*

by Charlotte Gerson

In 1973, at age 24, Gary felt malaise and discovered swollen underarm and groin lymph nodes. He consulted a doctor at Stanford University, who ran some tests on him. He never got the results, but was asked to come back because they had been misplaced and needed to be redone. As Gary was quite busy then, it was some time before the tests were done again. By then, Stage IV lymphosarcoma was diagnosed - and he was given six months to live. Gary was told that his only option was chemotherapy and radiation. He took those treatments, which destroyed his immune system, but they "were not doing the job". His prognosis was considered hopeless. He was nonetheless offered a course of very heavy chemotherapy, which he declined.

Gary then began researching the question, and found one book particularly helpful. The book was titled *Living your Dying*, by Stanley Keleman and encouraged the dying patient to live on a day-to-day basis. This gave Gary the idea that he could possibly stay alive day by day. He studied nutrition, psychoimmunology and, among many other books, found

Gerson's A Cancer Therapy. When he started to follow the directions, his condition improved steadily.

Three years later, when all his tests were negative and Gary was free of cancer, he made an appointment with his original doctor. He waited five and a half hours in the doctor's waiting room. When the nurse finally told him, "He doesn't want to talk to you," Gary left.

The extensive chemotherapy and radiation treatment that he received caused him respiratory problems. Doctors tried to overcome these with drugs - which produced heart attacks! The damage was supposed to be irreversible, but Gary always came back to nutrition for help. (We have seen radiation damage reversed in other patients through nutrition. Ed.)

Gary continued his studies, and eventually became a health care practitioner. He studied hematology, biochemistry, homeopathy, acupuncture, and other disciplines. Gary is now a board-certified Naturopathic Physician with a Ph.D. in nutrition, maintaining an active and healthy life.

## We Are Winning ...

by Charlotte Gerson

From the February 1997 issue of the *Yoga Journal* we get some good news. In an article titled *Eating Clean*, written by Blake More, he quotes Gerald Celente, director of Trends Research Institute in Rhinebeck, NY, as reporting that "people are getting to be more careful about what they put into their mouths." Celente talks about the trend toward "the clean foods diet". This includes "bottled water, organically grown fruits and vegetables and free-range chicken and beef produced without artificial preservatives, coloring agents, irradiation, pesticides, fungicides, fumigants, ripening agents, drug residues or growth hormones." These true foods are grown and sold locally as much as possible, or transported in such a way as to protect

their food value.

While the article claims that currently "only" three percent of the population insist on strict clean foods but Celente sees this number increase to 30 percent in the next 20 years. We are surprised and very pleased to see the 3% figure. In 1994, it was mainly the educated and affluent who chose clean foods while presently these foods are available to a certain extent in supermarkets.

The New York Times reports that:

- Sales of organic foods nearly doubled in five years from \$3.9 billion in 1989 to \$7.6 billion in 1994.
- Sales of bottled water have nearly tripled since 1984 from 933 million gallons to an estimated figure of

## The Principles of Orthomolecular Medicine

reprinted from *The Roots of Molecular Medicine*

Richard A. Kunin, M.D. of San Francisco, CA, summarized the principles of orthomolecular medicine: ("Orthomolecular Psychiatry", in *The Roots of Molecular Medicine: a tribute to Linus Pauling*, ed. R.P. Heumer, M.D. New York: W.H. Freeman & Co. 1986. 180-213) We should like to repeat them here because of their striking similarities with the underlying principles of the Gerson Therapy.

- Nutrition comes first in medical diagnosis and treatment, and nutrient-related disorders are usually curable once nutritional balance is achieved.
- Biochemical individuality is the norm in medical practice; therefore universal RDA values are unreliable nutrient guides. Many people require an intake of certain nutrients far beyond the RDA suggested range (often called megadose), due to their genetic disposition and/or the environment in which they live.
- Drug treatment is used only for specific indications and always mindful of the potential dangers and adverse effects.
- Environmental pollution and food adulteration are an inescapable fact of modern life and are a medical priority.
- Blood tests do not necessarily reflect tissue levels of nutrients.
- Hope is the indispensable ally of the physician and the absolute right of the patient.

2.87 billion gallons in 1995.

- Sales of milk from organically fed cows are on the rise. Horizon Organic Dairy in Boulder, CO, sold milk from approximately 300 cows in 1992 and today sells from 7500 cows with over \$15 million in sales.
- In 1991, there were 195 health food supermarkets in America; by the end of 1994, there were 650.