



# GERSON™ HEALING NEWSLETTER

## A Month of Celebration and Progress:

### Celebrating Charlotte's 75th and the Gerson Center at Sedona's Grand Opening Celebration

## Fundraising Banquet Enjoyed By All

by Susan DeSimone

Hearts and glasses of Naked Juice were raised in good cheer on April 26th as family, friends, and employees celebrated Charlotte Gerson's 75th birthday at the Pottinger Castle in Alpine, California. The event, which ushered in the first of many fundraisers to come, was a great success. "We raised even more than had been anticipated. We were really pleased with the entire event," said Gerson Institute vice-president Chip White.

Guests of the fundraiser were given a private tour of the lavish facility by the castle owner and builder, a colorful character named John Pottinger. The medieval structure, set in the rolling hills of modern southern California, took Mr. Pottinger and his brother thirteen years to complete. The large rocks that form the outside walls were hand cut by Pottinger, a stonemason by trade. The inside of the castle is a beautiful contrast of rough rocks and wonderful woodwork. The owner crafted a sculptured staircase and walkway that resembles a moat, connecting one end of the house to the other. The Castle's "real" dungeon was transformed into a reception room where guests nibbled on "Gerson friendly" hors d'oeuvres and sipped on a variety of donated juices and beverages. Dinner was served in the huge dining room upstairs, offering guests a panoramic view of the valley and nearby hills.

A trio performed chamber music throughout the recep-

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Charlotte, with Gina Eldard (left) and recovered patient Shirley Tice(right).

## GCS Opens Its Doors and Heart To Public

by Everett Doner

Celebrating three successful months of healing, the Gerson Center at Sedona held its Grand Opening festivities May 3rd, 1997. Over 250 persons were in attendance, with guests including local supporters, family and friends of employees, recovered Gerson patients living in the region, and other supporters from across the country.

Guests were greeted in the main dining area by a lavish buffet, including raw fruit, vegetables, and other healthful snacks, carefully "guarded" by a three foot ice swan, carved by CGS executive chef Stephen Hill. Chefs Hareesh Harting, Satdeva Damm, Dave Richner, and Terrie Stockton spent most of the weekend preparing for the event, which included sending positive energy to a box of bananas in the hopes that they would ripen in time for the event.



Howard Straus (right) speaking to the assembled guests at the GCS Grand Opening

Hosting the event and assisting the guests were Howard Straus, Anita Wilson, and Kate Freeman, the administrative staff of GCS. Each spent the afternoon welcoming guests, conducting tours of the

facility, and thanking the guests for coming.

Most of the medical staff, including Lester Adler, MD (H), Nursing Director Leann Thrapp, RN, Charlotte McGuire, RN, Chris Drumm, RN, Lori Lagorio, RN, Tricia Pilgrim, RN and Mary Ward, LPN mixed with visitors and promoted the therapy with visiting healthcare practitioners and others not familiar with the day-to-day practice of the Gerson Therapy.

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# Something in the Air...

By Charlotte Gerson

From the *Hippocrates Newsletter*, in Mudgeeraba, Australia, comes the following story:

In the *Medical Monitor* of the 4th of September, 1996, Dr. Richard Lawson reported an interesting case of 'emotional illness'. A female patient who was ordinarily cheerful and open, complained of feeling dizzy and 'muzzy', having heart palpitations and insomnia. In all other respects, her marriage and family, her work and finances, she was happy. Dr. Lawson sent her off with a tranquilizer, but a week later she returned to complain that the drug did nothing to relieve her symptoms.

She did report that she worsened considerably whenever she went into the bathroom. "As she said this, she produced a circular plastic air freshener out of her handbag and placed it on my desk," wrote Dr. Lawson. She went

on to say, "I've been fine since I took it out of the house, doctor." She has remained well ever since, although she has to avoid heavily perfumed areas.

A week later, a young woman patient of Dr. Lawson's described "what would have gone on record as a textbook nervous breakdown, anxiety, tremor, weepiness and feelings of unreality. Recently, she had been given to wandering outside at night." With the other case fresh in his mind, Dr. Lawson asked if she had been using an air freshener lately. "Yes," the patient answered, "in fact my mother had just placed one in my room three weeks before." Within nine days of removing the air freshener on doctor's orders, she was back to her old happy, outgoing self.

To test the association between her symptoms and the air freshener, Dr.

Lawson requested that she return to his office and inhale the offending product. Instantly, she developed a rapid heartbeat, sweating, tremor, and nausea.

Since then, Dr. Lawson has had some 50 patients recover from what is usually referred to as "anxiety/hyperventilation syndrome" as soon as they threw out these synthetic 'fresh air' perfumes. "One woman with similar symptoms discovered that it was the perfumes in her panty liner."

Gerson patients usually become aware within a few days of starting the Therapy, of their discomfort when persons wearing perfume enter their space. In her book *Cancer Winner*, (now out of print), Jaquie Davison also tells of a violent reaction to an air freshener at a friend's house. Dr. Gerson was very specific in forbidding all perfumes, household cleaners and other strong aromatics, including foods (like pineapple) and spices (like pepper and oregano) containing them.

# So Much Healing To Do...

By Blanca Ayala

I would like to share with the readers of our Healing Newsletter my experience with the Gerson Therapy.

When I started to work at the Gerson Institute in 1992, I was amazed to discover a new world I knew nothing about: Nutrition and Health.

My mother was diagnosed with cervical cancer at the age of 54 and she had heavy radiation treatments, which left her severely burnt. She was in serious pain and needed lots of pills to control the pain. For about one month before the end, she was also on morphine.

My husband smoked for many years but quit about 5 years before he was diagnosed with lung cancer in April 1987. He received chemotherapy and radiation, but died in November of the same year, just 7 months after his diagnosis.

After my husband's death, for some 5 years, I was very sick. I had severe migraines, colitis, hemorrhoids, digestive problems, and fatigue. I was terribly depressed and did not know that I was also developing a breast fibroid.

My doctors prescribed many medications, including Prozac, but none helped. They just caused worse problems. I was also told that I had parasites and had to take Flagyl to control them. This caused severe reactions—which later recurred during a heavy healing reaction.

Reading about patients who recovered with Dr. Gerson's dietary therapy and talking to recovered patients was absolutely mind blowing. As soon as I realized that maybe I, too, could heal myself, I changed my diet and started drinking the delicious juices and to detoxify. And guess what? All my ailments started to go away. After six months, I had a lumpectomy for a breast tumor. The pathologist reported that the tumor was encapsulated and was a benign fibroid but that I was at high risk since the fibroid could become cancerous. Other fibroids I had have shrunk, and there has been no recurrence.

I went through many healing reactions, but the one I remember most was having the same reaction as four years back: headache, a piercing pain

in my right eye, nausea, and feeling I was going to die. I also had one other severe reaction with similar symptoms that I had originally experienced when I was taking the Flagyl. I later found out that Flagyl is toxic.

One of the healing reactions included a flare-up of my former hemorrhoids. This lasted about a month. Then the hemorrhoids disappeared and never came back.

I experienced many physical changes. My relatives remarked that I looked younger; I noticed a great increase in energy; my hearing has improved and I have a sharper sense of smell. I have no more migraines nor stomach problems.

Everything I have learned I pass on to my children, relatives and friends, and of course, to callers who are seeking a natural way to heal.

Here is a tip for those of you, like me, who have a hard time getting the castor oil down. Make a banana shake with 4 ounces of distilled water and half a medium banana; blend for a few seconds. Use 2 ounces of the banana mix and pour in 2 tablespoons of the castor oil. Mix with a fork to get rid of the excess bubbles. Cheers!

# St. John's Wort:

## *A Promising Antidepressant*

By Charlotte Gerson

One dividend of my frequent travels is that I have time on the plane to read. At the beginning of May, as I was flying to Phoenix to take part in the Gala Opening Celebration of the Sedona clinic, I picked up a *Newsweek* (May 5, 1997) magazine to read during the flight. Of course, I turn immediately to any article on health or medicine. This time, I was well rewarded. There was an article written by Sue Miller, entitled "A Natural Mood Booster", describing the "discovery" that an herb, called St. John's Wort, has had some most interesting results in the treatment of depression.

Of course all 'medicines' originate

from the ancient art of healing herbs. The 'medicine man' or equivalent in almost all early tribes were knowledgeable in the use of herbs and passed their knowledge along to their descendants. It is also interesting to note that in the many regions of the earth, with varying soils and climates, different healing herbs, native to the regions, were available to help the sick or injured. So it turns out, according to Sue Miller, that the St. John's Wort with the Latin name of *Hypericum Perforatum*, has been used for some 2,000 years. It was believed in ancient Greece that this herb would 'drive away evil spirits'. And depression in its various forms was believed

to be caused by the person being 'possessed by evil spirits'.

Just a few weeks ago, in California, a 'shaman' along with the husband of an oriental woman, were trying to 'chase away the evil spirits which supposedly possessed her', and beat her. The beating was so severe that the patient died. The husband and shaman are both facing murder charges. Fortunately, herbal treatments are usually harmless.

The author reports that "In Germany, St. John's Wort is currently the leading treatment for depression, and physicians write some 3 million prescriptions a year—25 times the number they write for Prozac." Varro Tyler of Purdue University notes that prescription antidepressants, such as Prozac, cause common and more serious side effects, such as insomnia, weight loss and sexual dysfunction. Varro, an herb expert, states that

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# Another Cancer Story...

## *With a Happy Ending*

This is George Taylor's story as written up by his son, Chet Day, and is somewhat condensed.

Back in 1980, George had a tumor removed from his chest. It was reported as Stage IV malignant melanoma. In 1989, another tumor was removed; this one was located on his lower back, and again he was told it was Stage IV melanoma. In both cases, the report stated that 'they got it all'. However, in December '92, he found a lump in his left armpit. His oncologist told him that he was 99.9% certain that it was metastasized melanoma, now in the lymph gland. George was told that he had less than three months to live. He had not had any treatment and before starting with any conventional therapies, he reviewed Gerson literature which he remembered from one of my lectures he had heard about the Gerson Therapy. He called a former melanoma patient, now recovered some 11 years, and decided to go to the Mexican hospital for Gerson Therapy. By this time, the lump had grown to the size of a large lemon.

George's Gerson doctor told him that the therapy would take one of two

forms if it were successful: either it could kill the tumor and absorb and excrete the dead tissue, or the tumor would become encapsulated and could then be removed by surgery. By the time he left the hospital in Mexico, the tumor had shrunk to the size of a golf



George Taylor, taken April 1997.

ball.

After the second year on the Therapy, the tumor was still there and still about the same size—but it was very hard. In December of 1994, the family assumed that the tumor was now encapsulated and it was time to have it removed. At that time George was 70 years old. The doctors treating him were convinced that a wide excision would be required and one of them referred to the nutritional Gerson Therapy as 'something out of the Twilight Zone.' But after the operation, the Chief Surgeon visited with George and said that there had been a number of surgeons present and that between them, they had performed hundreds of lumpectomies. Yet, none of them had ever seen a tumor that looked like the one they had just removed from George. It was encased in 3/8 to 1/4 scar tissue and a wide excision was not required since the surgical margins were 'clean'. The tissue was reported by pathology to be 'consistent with the diagnosis of malignant melanoma'. The Chief Surgeon also stated that George was very lucky because the survival rate for this type of cancer was less than 1%.

George is now 72 and seems to be in extremely good health. He is active, jogs and does light weight training. He continues to adhere to a modified Gerson Therapy.

## Editor's Corner:

### *The Fight Goes On*

by Everett Doner

I guess I shouldn't have been surprised, but I was. As I was working out at the gym, dutifully peddling on the stationary bike with my *Newsweek* in hand, I stumbled upon a recent article that gave one of the most single-sided accounts of medical care in Tijuana, Mexico, including mention of the several cancer clinics there. The article seemed to discredit the whole of the alternative medical establishment in one broad stroke as the writer verbally frowned upon any non-traditional activity as unscrupulous and marginally unqualified.

Part of my frustration was the author's habit, unfortunately common, of assuming that any alternative therapy is automatically fraudulent and untrustworthy. While this is a perception we fight every day, it was dismaying to see it publicly illustrated in what is usually a well rounded, well written magazine.

While the anger toward the writer's opinion faded fairly quickly, the article did serve as a wake-up call for me. It has been rather easy for me, new to the alternative care field, to believe that the work we are doing meets with little to no resistance. By virtue of when I was born, I escaped the persecution, wide rejection and negativity towards alternatives in healthcare that my predecessors had experienced. But the majority of this country still attaches a stigma to non-traditional medicine, turning a closed mind and a blind eye away from the unfamiliar, as this article pointedly illustrated.

Naturally, not all is going downhill. Today's healthcare climate seems to be changing rapidly. A trip down the medicinal aisle in my local supermarket revealed homeopathic and natural products that, ten years ago, would have been found only in the most comprehensive health food stores. Insurance companies are beginning to accept chiropractic, acupuncture, homeopathy, and other "alternative" methods of healing as effective, cost-reducing means of healing. Naturopaths and homeopaths are increasing in number as the demand for their services rises.

Some local and regional governments are also a part of this liberal trend. Our sister nonprofit organization, The Gerson Association for Natural Medicine, specifically considered Arizona due to its sanctioning board arrangement. Not only do the traditional allopathic doctors have their board, but the Homeopaths and Naturopaths do as well, and most alternative care falls under and is regulated by these two boards. The result is organized, supervised alternative healthcare that is noticeably absent from many other places.

So where do we need change? Certainly there are many states (California is a notable example) that are still extremely strict in their governance of alternative healthcare modalities. While the federal government is more muted about its disagreement with alternative healthcare than in previous days, they have not embraced it either. Ultimately, the change occurs not with others but with ourselves, our neighbors, our friends, our local community. It is ultimately in our hands, not those of the government or the media, to determine where healthcare will go in the future.

## St. John's Wort

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"The absence of serious side effects is one of *Hypericum's* biggest selling points."

In the article, Sue Miller also reports the case of a woman who was suffering from black moods, insomnia, crying spells and lethargy to the point where she didn't care if she lived or died. Her doctor suggested an antidepressant drug but she refused. A friend suggested St. John's Wort and within 3 weeks, her depression had lifted and this 58-year old woman said that 'I feel restored and am my normal self again.' She continues to take two herb capsules daily.

The *Journal of Geriatric Psychiatry and Neurology* already reported in an extensive study in 1994 with a total of 17 research papers about "Hypericum: A Novel Antidepressant." One study tracked the herb's effects on 3,250 patients suffering from mild to moderate depression. 80 percent either felt better or became complete-

ly free of symptoms after four weeks." Sue Miller continues that, "despite the promising studies, researchers still know very little about the herb's active ingredients or how it works." It is also suggested that patients give the herb at least 3 weeks to start working.

Dr. Harold Bloomfield, a Yale-trained psychiatrist and coauthor of a book *Hypericum & Depression* was impressed after reading the literature on the herb and started to give it to his patients. He claims that the results 'have been excellent.' Other psychiatrists and even social workers are recommending it for depression since it is not a drug but a dietary supplement. Bloomfield estimates that from the original few dozen practitioners using St. John's Wort, there are now several hundred using it with their patients only six months later.

Millions of people have used St. John's Wort without any deaths. In a study of some 3,250 patients suffering from depression, only 24 percent experienced any side effects. Those included restlessness, gastrointestinal

irritations and mild allergic reactions. A possible side effect could be a hypersensitivity to sun exposure—but this problem has so far never been reported in people using the herb for depression.

Since everyone agrees that more research into this most promising remedy is needed, the NIH as well as the OAM (Office of Alternative Medicine) are planning a large trial of the herb.

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# Al Schaefer:

## Success with Colon Cancer

By Charlotte Gerson

Al's story is rather unusual. It started when his first wife "died from treatments she got for breast cancer. We were looking for other treatment options, and found laetrile, but it didn't slow her cancer. It did give her some pain relief, but she died. I continued to search for other options and came across the Gerson book." Al states that he has been a 'Gerson Person' for some 20 years, even before he was diagnosed with colon cancer in 1978.

At the time, Al was connected with the Florida chapter of the International Association of Cancer Victors and Friends (IACVF), searching for non-toxic approaches to the treatment of cancer.

Two and a half years after his wife died, Al got colon cancer. During the Christmas vacation of 1977, he went to the Bahamas and took the test developed by Lawrence Burton. Burton said that Al "had an old tumor that was breaking up". Then Al sent a urine specimen to Dr. Navarro in the Philippines and was also tested by the Bio Sciences Lab for the human chorionic gonadotropin hormone (HCG) which is only found in pregnant women and cancer patients. All these tests were positive for malignancy.

At the end of May, 1978, Al went to the Livingston Clinic in San Diego for additional diagnostic tests. "I was disgusted with the conventional treatments that my wife had received and with orthodox medicine's invasive treatments." His CEA (chorionic

embryonic antigen) showed +74 (it should be below five), positive for cancer. He had been losing weight and came down to 115 lbs.

Al then went to the Gerson Therapy clinic in Mexico. At first, he lost a little bit more, but before he left the clinic, three weeks later, he had started to gain weight. Over time, on the Gerson Therapy he went up to 147 pounds while working full time at Pratt & Whitney Aircraft Co.

It is now 19 years later. Al says that "I am staying on the Gerson program, tapered off from the original strict treatment. I am still a vegetarian, drink carrot and apple juice, and some green juice. Occasionally, I



Al Schaefer, taken Fall 1996.

detoxify with coffee enemas, especially if I eat something I shouldn't. I am now very healthy with lots of energy. Recently, I was interviewed for 30 minutes on a television show in Seattle, the public access channel #29 which airs Monday nights at 8:30. (Now Tuesdays at 10 AM)"

"Using the Gerson Therapy has provided me with good health all these years. I retired from Pratt & Whitney in 1986 and got involved with TV programs and various health and support groups, church activities—and I also get a lot of phone calls." The emphasis in his work with the cancer recovery groups is not entirely on Gerson Therapy, but it is often mentioned for nutritional support.

A lot of support also came from an oncologist, Dr. Glenn Warner, who suggests vitamins and minerals and suggests to his patients to change their nutrition and do juicing. He also urges them to find ways to reduce their stress and become spiritual. In the area of orthodoxy, he gave very small doses of chemotherapy and radiation "in order not to run the immune system down to the point where the patients can't recover." The Medical Quality Assurance Committee harassed him for some 16 years and finally hauled him into court. Then they took his license away 'for not using the full standard procedures' with his patients.

Al is glad to see that there is now more outreach and support for the Gerson patients. "There is follow-up as well as the contact with the new regular *Healing Newsletters* so the patients do not feel isolated and entirely on their own."

Al is glad to hear from you.

Al Schaefer, Wholesome Voices.  
Phone: 206-286-6623.

## Charlotte's Gala

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10 no. 2) and Alexandra Lennox (who also recovered from breast cancer, Vol. 10, no. 5). Accompanying her was her son, RJ Heckes, who looked fit and well, recovered from a serious drug addiction (*Newsletter* Vol. 10, no. 6). We were also happy to see Julie Hepner, recovered from melanoma (Vol. 11, no. 5) and George Taylor as well. You can find his complete story in this issue of our *Newsletter*. There

were others present as well, including Brad Mavis and Gerson employee Blanca Ayala whose stories can also be found in this issue. It was certainly inspiring for employees such as myself to meet these brave and committed individuals. Each of their stories are "living proof"—a testimony to the art and genius that was Dr. Max Gerson. Some of the guests stayed an extra day and took a trip south of the border to visit Hospital Meridien in Playas de Tijuana. Charlotte led them on a tour of the facility, where they met with patients who were swinging

to Latin grooves, dancing in the courtyard to the sounds of live music! Some of our guests couldn't resist joining in on the fun—Mr. Batalion does one mean mambo! The guests ate a hearty Gerson lunch, listened to a lecture from Charlotte, then headed back to their hotels in San Diego.

We at the Gerson Institute are grateful for all the support that we found in our local community. Many, many thanks to Sunshine Organics owners Thomas and Nacho Moran. Not only

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# A Long Struggle to Regain Health:

## Brad Mavis and his Road to Better Health

by Charlotte Gerson

Brad Mavis is now 38, and an insurance inspector. The story of his struggle with illness covers much of his life until the age of 24. He was allergic to milk-fat right from birth and was raised on soy milk until he was six months old then was given cow's milk. When he was two, he had a tonsillectomy because his tonsils were infected and swollen and almost shut his throat down. At five he had a hernia operation followed during the next five years by pretty much all the childhood diseases: chicken pox, measles, and scarlatina (Scarlet fever). From the age of 10 to 17 he was in good health "despite what I was eating". Since he grew up on a Minnesota farm, a good deal of fresh food was available but most of it was subsequently cooked, frozen and stored.

At 17, a tiny chicken bone stuck in his voice box and had to be surgically removed. In his second month of college, in October 1976, he was diagnosed with mononucleosis: he was tired, had no energy. He rested a few weeks but went back to school. In January '77 he had a relapse with a sore throat that wouldn't heal. Antibiotics didn't help and his health went downhill. By summer of '77, during the summer heat, he was freezing cold. That Fall, he couldn't go back to school. His parents took him to the Mayo clinic. They found he was now mono-negative. But he was still tired, had no energy, still had a sore throat and was losing weight. At 5'9", his normal weight was about 145; he was down to 125.

In November of '77 he was told at Mayo that his throat was possibly pre-cancerous. They took all his

wisdom teeth out in January '78. At this point, somebody gave him a health book and he went to a naturopath in Minneapolis, a four hour drive away. He started to use supplements, glandulars, vitamins and minerals, and high doses of Vitamin C. The excessive Vitamin C caused his colon to shut down and he started water enemas. He had seen a copy of Jaquie Davison's *Cancer Winner*, (her story of how she recovered from terminal melanoma with the Gerson Therapy) but it scared him. Nevertheless, he purchased a copy months later and started to read it, and also started coffee enemas and got a Champion juicer. He had become night blind, but with some juicing and coffee enemas, this problem disappeared.

Still every three weeks, he would get

a really bad sore throat and was given more antibiotics. In the winter of '78, he had nothing fresh to juice and his health deteriorated further. Finally, his health food store ordered a copy of Gerson's *A Cancer Therapy* and Brad started to go in that direction. By this time, his weight was down to 90 pounds. In Spring, he sold his Mustang sports car and used the money to buy a distiller, more books, and he made a deposit on a Norwalk. By the summer of '79, he was almost entirely on raw foods, juices, and enemas.

At about that time, two 7th Day Adventist medical doctors encouraged him by prescribing raw and vegetarian foods. His sore throat and other symptoms almost completely disappeared (about 90%) and he started to gain weight. During the summer of '80, he was stronger and raised much of his own organic food also for juicing. For two years he did the Therapy growing his own food, but it took eight to ten years to get his colon back to function. At present, his weight is up to a normal 155 and he is well—but still careful.



These two photos show Brad's remarkable transition. To the left, a picture of Brad in 1979, at his lowest point. He weighed about 95 pounds at the time. To the right, Charlotte and Brad at Charlotte's 75th Birthday Celebration in April, 1997.

## Infant Vaccinations and Crib Death

By Charlotte Gerson

We have long been acutely aware of the dangers of infant vaccinations and plan on doing a longer article

about it in the near future. In the meantime, however, I should like to make our readers aware of a report reproduced in the British Gerson Support Group's publication, *Coffee 'N Carrots* of June 1996.

In one publication Dr. Viera Scheibner, ("Vaccination") states the following: "The diphtheria, pertussis (whooping cough) and tetanus

(DPT) vaccine is given to babies as young as six to eight weeks old in many countries (including the U.S.) It is implicated in many cases of crib death. Interestingly in Japan in 1975 the vaccination age was moved to children of two years old, and the entity of crib death disappeared."

# Coffee Corner

## More than Just Coffee...

By Everett Doner

While the coffee enema is one of the more prominent and infamous parts of the therapy, it's easy to overlook that Dr. Gerson actually discussed four kinds of enema preparations for his patients, each with a different purpose. In today's era of "modern medicine" more antiquated methods of administering substances to the body, such as the enema, fell by the wayside due to the eventual cost and time efficiency of hypodermic injections. Dr. Gerson's words not only give us directions on what enemas to use, but also give us a glimpse into medical practices of the past. I received quite a surprise one day, while discussing the therapy on the phone with a young man, when he asked the surprising question, "Excuse me, but just what is an enema?" This perhaps gives us a good example of the extent to which enemas have faded from general practice.

One of the most uncomfortable portions of the therapy that our patients come to experience is the castor oil enema. Castor oil works by irritating the liver and bile ducts, and in so doing, causes the liver to quickly release toxins stored there. The cost of this increased efficiency, naturally, is having to deal with the unpleasant taste and stomach upset caused by the castor oil itself. Usually preceded by castor oil orally five hours before, the castor oil enema itself is a standard coffee enema to which four table-

spoons of castor oil is added.

Patients report a logistical nightmare taking these enemas because of the smelly, oily mess that castor oil makes in enema buckets. The castor oil needs to stay more or less mixed in the coffee solution so that it can flow through the tube into the colon, but it is difficult making a thick, sticky oil mix with a bucketful of coffee. This is why Dr. Gerson suggested adding a small amount of soap and ox-bile to the enema, as these substances help the oil to partially emulsify, or mix with the coffee solution.

Readers in the past have suggested taking a cordless electric beater, and "whipping" the coffee solution while the mixture flows into the colon to ensure that the castor oil mixes with the coffee and flows out into the colon.

Jaquie Davidson in her book *Cancer Winner* describes her disastrous attempt at taking a castor oil enema using an enema bag rather than a bucket. With the sticky castor oil prone to sticking and gumming up most plastic enema bags, we would wholeheartedly recommend that the serious patient consider an investment in either a plastic or stainless steel enema bucket, available from many medical supply stores. (They make great gifts!)

Dr. Gerson also prescribed enemas of chamomile tea, to which caffeine

had been added. These were primarily recommended for patients that were weaker or that were having problems taking regular enemas. Chamomile has a soothing effect, and can help lessen irritation and spasms in the colon. The caffeine drops were added so that there would be some liver detoxification, but the coffee solution with its caffeine, aromatics and palmitic acid is much more effective at causing the liver to increase its filtering action, and thereby more efficiently remove toxins from the bloodstream.

Probably the most obscure kind of enema mentioned is using a quantity of juice administered rectally. The effect of such enemas is not for detoxification as for the other enemas, but to provide an alternate way of administering the nutrients, enzymes and medications to patients that could not otherwise drink juices. Dr. Gerson recommends taking these juices (though *not* citrus juices), freshly pressed and warmed to body temperature, very slowly into the rectum. The concept is to allow the rectum to absorb most of the juice, therefore absorbing the beneficial elements of the juice, without needing to expel the liquid, as one would with a larger coffee enema. While Dr. Gerson recommended using the green juice, both apple-carrot and green are currently being used at clinics using the Gerson protocol.

Just when did enemas fade out as accepted medical treatment? It's hard to find an exact date, but at late as the 1970's, the *Merck Manual*, a standard reference volume for doctors, listed the use of coffee among their standard enema procedures.

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## GCS continues Expansion, Howard Straus Returns to Carmel

by Chip White

Entering its fifth month of operation, the Gerson Center at Sedona has increased capacity to 10 inpatient rooms, more than nine months ahead of our original expansion schedule, and quality of care surveys show an extraordinary patient satisfaction rate with patient care, staff, and other services.

After working 7 day weeks since late December to get things running smoothly, Howard Straus has

returned to his family and permanent home in Carmel, CA. Howard will continue his involvement with various Gerson Institute projects, and tells us he is looking forward to a bit of relaxation time with his wife Sally.

The Board of Directors of the Gerson Center has appointed Gerson Institute Vice President Chip White as Acting CEO of the Center during the shift from startup to normal

operations. Chip will "wear both hats" (with a great deal of help from both staffs) until permanent staffing decisions are considered in the early fall.

Meantime, the Gerson Center staff is preparing to host the first group of medical internship participants, practitioners that have completed the first phase of the Institute's Practitioner Training Certification program in 1996 or 1997. The Center will also welcome the next Level I Practitioner's Training participants in Sedona in March, 1998. More information will be forthcoming in the next newsletter.

# Notes From Sedona

by Everett Doner

On a recent visit to our new center, I arrived on a Sunday at about 4 PM and found a rather unusual occurrence—nothing was happening. The patient rooms were quiet, with the lights turned off. The hallways were empty. No noise emanated from the dining room. It was an eerie sight, especially when a check of the roster indicated that we had a full house. Confused, I left to drop my bags off where I was staying and returned to the facility at 7 PM, just in time for dinner. Joined by a staff member from the center, we entered the dining room, again passing through the empty main corridor that should have had people coming and going, talking and visiting. We greeted the kitchen staff and began eating the wonderful goodies they had prepared for dinner, sitting alone. What was wrong? No outing had been planned for the day, and even if one had some of the patients should have stayed behind to rest. As I munched on my salad, a great cheer erupted from one of the patient rooms, and the entire popula-

tion of the hospital—patients and companions alike—emerged from a single room and joyously joined us for dinner.

They had all been watching one of the NBA finals games between the Chicago Bulls and the Utah Jazz.

Where else can you find cancer patients—"sick people"—watching basketball together, in a hospital?

This was just another illustration for me of how remarkable this place is, or any Gerson facility that I've visited. Our patients bring more than their bodies and sickness when they come, they bring themselves, their lives, their experiences that have made them richer and by extension enrich all of us. We've seen musicians, puppeteers, songwriters and nameless other talents come through our doors as patients check in, and the end result is a healing experience that far surpasses in richness what even the best cancer clinic could offer.

Dinner continued for the patients, who sat together, tables pushed together, talking about the day's activities. Some were looking with muted excitement to the next day and the castor oil it would bring. One companion, on a whim, had gone out and bought some of the organic rye sourdough bread allowed on the therapy to try, and had brought it for the rest

of the patients to try. Its best use, the patients decided, was discovered several minutes later when a Frisbee game began with a slice of the bread. The same slice emerged several minutes later, undamaged. Somehow I doubt very much that Mayo Clinic patients play with their bread the same way Gerson patients do.

Most importantly, there has always been a sense of love when I visit either clinic—one of love for one's self, for other patients, for the process of healing each patient begins. Even with severe illness and grim prognoses, patients manage to laugh, cry, share, support. I love to visit because I am constantly and joyously reminded that there is so much more to a person than their disease. We, hopefully, will move to a society where hospitals will abound with hope and optimism. A favorite saying of mine states that "Every time you laugh, a cancer cell dies", and I suspect that our patients have come to know this well.

It is my hope that other persons will write about their experiences and roles at the Gerson Healing Center in Sedona, Arizona. Future articles will feature current and past patients, staff members, and other involved people sharing their thoughts and experiences with the center, the therapy, and recovery of the whole person.

## More Concern About Vaccinations

By Charlotte Gerson

The *Health Freedom News*, April/May 1996 issue published an article entitled *Vaccination, Inc.* by Paul Borraccia. It was reproduced from the original article appearing in *Awareness Magazine*, 5011 Argosy Ave., #3, Huntington Beach, CA 92649.

Because of lack of space, we are unable at this time to reproduce the entire article. But we feel that it is so important that we are reporting below on the most striking points.

"Studies have shown that the group of professionals who least vaccinate their own children are gynecologists and pediatricians. One study in the United Kingdom involving 600 doctors revealed that 50% refused the Hepatitis B vaccine despite belonging to a higher risk group. Among their reasons: 'I do not trust the vaccine' and 'vaccina-

tion is of no proven benefit.'

"Contrary to popular belief, the first vaccination campaigns promoting the smallpox vaccine were anything but successful. The disease increased 300% in the regions where the vaccine was given.

"Deaths from diphtheria declined by 90% between 1900 and 1930. The death rate from measles declined by 95% from 1916 to 1958. The incidence and severity of pertussis (whooping cough) declined by 79%. All this had occurred years before the introduction of each respective vaccine.

"Spelled out in vaccine manufacturer's own literature is that it is a contraindication to vaccinate people who have compromised (weakened) immune systems. [Cancer patients belong to this group!] Some people

say, 'but don't vaccines strengthen the immune system?'

"Dr. Viera Scheibner, a retired principal research scientist with a Ph.D. is an expert in the field of vaccinations. She has researched over 30,000 published medical papers on vaccines. She states that she has not found even one study that can clearly demonstrate safety or efficacy of any vaccine. They predispose the body to a wide variety of other secondary illnesses and infections!"

We at the Gerson Institute find it irresponsible for practitioners to advocate the Coley or any other vaccine in view of the above. True, Dr. Gerson describes it in his book, *A Cancer Therapy*, (see pp. 128-130) as a possible stimulant—but he never used any vaccines. Also, the Gerson Hospital in Mexico attempted to help patients with a vaccine (Staphage lysate) some 7 or 8 years ago, but it was found to be not only useless but in some cases harmful, and had to be discontinued.



# Gerson™ Therapy Conventions and Lectures, 1996/97 (cont.)

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New York, New York

October 13-15, 1997

Schedule of Events

**October 13-15:** 1st World Congress on Nutrition and Natural Therapies

**October 14:** "Oncology Day" Charlotte Gerson Lectures on "Healing Cancer and other Degenerative Diseases" For further information contact: Michael Lesser, (510)845-0700 or fax at (510)848-0419

**Location:** Hotel Pennsylvania, 401 7th Ave. (at 33rd St., across from Madison Square Garden) For convention room rates, request "medicine conference": \$129 single, \$139 double. Call (800)223-8585 before September 6th. After that date, regular rates apply (around \$160).

The Gerson Institute will have a booth displaying books, videotapes, audiotapes, and free brochures.

Calgary, Alberta, Canada

October 25th and 26th

Tentative appearance—part of the Calgary Health Expo program

Confirmation and Details to follow

## Sedona Grand Opening...

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glasses of juice and the requisite "coffee breaks," it was wonderful seeing the fruit of the center's labor up, active, and testifying to the positive potential of the therapy. Many patients, both current and recovered, shared their stories, hopes and wishes for the new center and for the future spread of accessible and plentiful alternative healthcare in the U.S.

## Charlotte's Birthday...

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did the Moran brothers provide us with delicious, fresh organic (naturally!) produce, they also donated lovely tote bags which were adorned with a nifty logo and heading which commemorated the day's event. Each guest walked away with this souvenir, overflowing with goodies, including the May issue of *Alternative Medicine Digest* (featuring an article on the Sedona clinic); the book *The Cancer Blackout*; natural personal care products; organic coffee and Gerson videos. Thanks go to Luke Stewart at Harbor House Coffee, Naked Juice, Kiss My Face, *Alternative Medicine Digest*, and all of our Gerson friends and supporters. And last, but certainly, not least, mucho kudos to Special Projects Coordinator Andrew Printer, who single-handedly organized the entire event. I say, old chap, well done!

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