



# GERSON™

# HEALING

## NEWSLETTER

VOLUME 13, NUMBER 1

JANUARY - FEBRUARY, 1998

### Foreword:

In this issue of the *Healing Newsletter*, we will see two conflicting energies. One, CODEX, the underhanded effort to make all herbs, supplements, and vitamins prescription items, and the other, more and more information from 'official' sources, proving the effectiveness of natural herbs and substances. Perhaps the impetus is one and the same:

**If organized medicine can make herbs prescription items, they will not hesitate to accept their effectiveness.**

## Another Herb Proves Its Power!

By Charlotte Gerson

In a prior *Healing Newsletter*, (Vol.12, No.4, p.5) we described the excellent results obtained from St. John's Wort in overcoming depression. More recently, in an issue of *TIME* magazine, dated November 3, 1997, there is a story drawn from a study on ginkgo conducted by The Institute for Medical Research in Tarrytown, NY (principal investigator, Dr. Pierre LeBars, Neurologist.) The results of this study were initially published by the prestigious *JAMA (Journal of the American Medical Association)*, citing the beneficial effects of ginkgo in the treatment of Alzheimer's disease.

The author of the article in *TIME* magazine, Christine Gorman, describes ginkgo's origins coming from a very primitive, non-flowering tree that has existed for some 230 million years. She also reports that over the past decade in Europe, ginkgo has become one of the most widely prescribed natural drugs.

The American researchers, under Dr. Pierre LeBars, proved that an extract of ginkgo has a "small but measurable effect  
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## Codex Alimentarius

### The Ultimate Attack on Our Health Freedom

(Reproduced from Dr. William Campbell Douglass' publication: *Second Opinion*; Aug. '97)

The World Health Organization's CODEX is a threat to health freedom like nothing we have ever seen before.

CODEX is the United Nations and World Health Organization commission which meets every two years, often in Germany, to establish worldwide standards for foods, drugs, pesticides, etc., in order to regulate their distribution and trade. - which sounds good and reasonable, but it supersedes any rights the U.S. Congress or the American people may have in this matter.

Few Americans have heard of the *Codex Alimentarius* (Latin for *Nutrition Code*) *Commission* because it meets in Europe and has not been publicized. This semi-secrecy is typical of the world government bureaucracies when they want to pass regulations with a minimum of fuss from the people being regulated.

The stated purpose of CODEX is "to guide and promote the elaboration and establishment of definitions and requirements for foods, to assist in their harmo-

nization and, in doing so, to facilitate international trade."

The latest meeting produced a new threat to health-conscious consumers the world over when the German delegation presented a bill called the "Proposed Draft Guidelines for Dietary Supplements," which entails:

1. No vitamin, mineral, herb, etc. can be sold for preventive or therapeutic use. (!)
2. None sold as food can exceed (usually extremely low) dosage levels set by the commission.
3. CODEX regulations for dietary supplements would become binding on all nations, eliminating the clause within the General Agreement on Tariffs and Trade (GATT) that allows a nation to set its own standards.
4. All new dietary supplements would automatically be banned unless they go through the CODEX approval process.

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NEWSLETTER

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## Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is our membership lifeline, 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. See page 11 for more information on becoming a member.

Dr. Douglass continues: You're probably sitting back saying that nothing like this could happen to us in the U.S. -- Congress wouldn't let it happen. You are wrong. Congress in fact surrendered much of its power to deal with the issue when it passed GATT. Under that treaty, member nations must "harmonize" their rules of manufacturing health and medical products with new international standards. Congress cannot rescind its vote on GATT. In September of 1998, the next CODEX meeting will be held in Bonn, Germany. It could well be finalized at that time, since 90% of the delegates represent giant, multinational pharmaceutical corporations.

If all these plans come about, supplements now available in Health Food Stores will be replaced by expensive, patented, over-the-counter or prescription drugs. Many will not be available at all.

In several of our recent *Healing Newsletters*, articles have appeared about herbs which are effective and replace dangerous drugs, including St. John's Wort, and ginkgo. All these might disappear from the market.

### **What you can do:**

The FDA will be holding a public hearing where questions and objections can be expressed. Write to Dr. Robert Moore, FDA Office of Special Nutritionals, (HFS-456) 200 C St., SW. Washington, DC 20204. Also, write/fax your senator and congressman.

Mr. John Hammell is working with our allies (the U.K, Japan, the Netherlands, Australia and New Zealand) to help insure our health freedom. You can get complete details from him by writing to: the International Advocates for Health Freedom, Attn. John Hammell, 2411 Monroe St., #2, Hollywood, FL 33020. Or visit his web site at: <http://www.pnc.com.au/~cafmr/hammell/index.html>. His email address is [jham@concentric.net](mailto:jham@concentric.net).

*(Because of the importance of this article, Dr. Douglass has lifted the copyright from this supplement. Please photocopy it and give a copy to as many people as you can. This is also true, of course, of the Gerson Institute's copyright.)*

## Herb Power...

*continued from Front Cover*

on dementia." Dr. LeBars is quoted as saying: "Ginkgo is no miracle, but we have some patients who have stabilized for four years." In the treatment of Alzheimers, that is a considerable advance.

The *TIME* author further reports that "in Germany, where ginkgo sales topped \$163 million last year, the extract has been the subject of hundreds of scientific studies (some even bigger than the one reported in *JAMA*). These studies show that among other things, [it] keeps platelets in the blood from clumping together. That is why ginkgo extract is prescribed in Europe for patients with circulatory problems [in small doses]. Much higher doses are used to treat dementia."

The researchers are not promising that ginkgo will cure Alzheimers (also known as 'premature dementia'), but it seems that the best results were obtained with patients diagnosed relatively early, who were the least impaired. This points of course to the importance of early detection and treatment.

Since the Gerson Therapy has shown some good response in the treatment of Alzheimers, the administering of ginkgo to patients also receiving a high level of natural nutrients and thorough detoxification, could magnify the effects of treatment for the disease - even in a very advanced case.



## Codex...

*continued from Front Cover*

If these measures are adopted, any party to GATT (which includes the United States) that does not accept the new standards can be heavily fined by the World Trade Organization. It will have the right to levy enormous fines on any nation that gets "out of line," with the potential to cripple entire sectors of the nation's economy.

In the Spring 1997 issue of the *International Council for Health Freedom*, an objection is published, as follows: "German-born heart disease researcher, Matthias Rath, MD has called the CODEX Commission a desperate act by the pharmaceutical companies to protect their worldwide drug market against naturally effective and much more affordable vitamins. Rath called on the German government to cancel all CODEX meetings on German soil, warning that, spearheaded by the German pharmaceutical corporations, the CODEX Commission plans to ban, on a worldwide scale, any health statements in relation to vitamins, (minerals and herbs) as being preventive or therapeutic. The nations that do not comply with these restrictions are threatened with economic sanctions. Dr. Rath goes on to state that, if the CODEX commission is allowed to obstruct the eradication of heart disease by restricting access to nutritional supplements, more than 12 million people worldwide will continue to die every year from premature heart attacks and strokes."



Hugs are not only nice:  
they're needed...  
Hugs can relieve pain and  
depression...  
make the healthy healthier...  
the happy happier...  
and the most secure among us  
even more so...  
Hugging feels good, overcomes fear,  
eases tension...  
provides stretching exercise,  
if you're short...  
and stooping exercise,  
if you're tall!...  
Hugging does not upset  
the environment...  
saves heat and requires no  
special equipment...  
It makes happy days happier and  
impossible days possible.

(Author Unknown.)



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# Natural Medicine Health Clinic to Open in Washington:

## First public health facility of its kind in the U.S.

By Charlotte Gerson

Studies show that more Americans than ever before embrace alternative medicine - which is why a Seattle-based university won support to open the first natural medicine public health clinic in the United States.

A lead article in *Spirit*, the magazine of Southwest Airlines, written by Steve Levin, details the story. Bastyr University has long been a College of Naturopathic Medicine in Bothell, a suburb of Seattle. I have been asked to speak there twice; once as a lecturer to the student body; another time to give a graduation address. Needless to say, I am delighted that the University is making huge strides in the area of natural medicine.

The author of the article, Steve Levin, refers to the University as "the world's leading education and research institution for natural medicine, with 1,100 students, 125 faculty, and now a campus with a 186,000 square foot facility."

The naturopathic medicine of Bastyr University includes alternative therapies such as acupuncture, homeopathy, herbal medicine, diet changes, physical therapies including ultrasound, hydrotherapy, spinal manipulation, pharmacology and more.

Founder and president of the University, Dr. Joseph E. Pizzorno, Jr. believes that the main reason for the opening of the natural health clinic is the public's disenchantment with 'traditional' medicine. Dr. Pizzorno is quoted as saying "People started to say that they wanted to take better care of themselves." They started looking for doctors who knew how to tell them how to go about this. As a result, they found doctors in natural medicine,

doctors who help patients understand why they are sick and how to change their lifestyle, rather than to give them medicines that block the functions of their body.

The author also reports that the commissioners of the King County Council felt that this new approach could save money on the county's public-health expenses. Following a presentation Dr. Pizzorno had made to the Commissioners in February of 1995, "the Council concluded that from one-third to one-half of its health costs could be saved by using alternative medicine on a number of chronic illnesses. The Council also discovered that 11 of its 13 members had either tried alternative medicine or had family members who had. It voted unanimously to establish the clinic."

The figures show that in 1990, Americans spent \$13.7 billion for alternative medicine (as reported in the *New England Journal of Medicine* in 1993.) These costs are mostly 'out of pocket' since at the time few insurance companies covered 'alternative medicine.' This also indicates that it is mostly moderately well-to-do and well educated people who look for these treatments. In the meantime, as we reported in our previous *Healing Newsletter*, (Vol. 12, No. 6) a number of insurance companies are covering alternative medicine. Mr. Levin also states that "the trend is driven by economic sense rather than any kind of Hippocratic enlightenment. Both industry giants and smaller networks are learning that while chiropractic, homeopathy, acupuncture, and other kinds of altern-

*(Continued on next page)*

The ultimate message of Natural Healing is well expressed in Dr. Ron Hobbs, (N.D.) words: "Health is bigger than taking a pill."

## Health Clinic...

continued from previous page.

ative care may not have been part of their customary coverage in the past, the treatments nevertheless can save them a lot of money." As we also reported previously, some three dozen medical schools are already offering courses in alternative medicine. These include such prestigious names as Yale, Harvard, Duke, and the University of North Carolina at Chapel Hill. In January 1996, Washington became the first state to require insurance carriers to provide coverage on thirty types of alternative care.

Dr. Dean Ornish, founder and director of the Preventive Medicine Research Institute in Sausalito, California refers to orthodox, allopathic medicine's manner of treating symptoms without addressing the underlying problem, by comparing the practice to "mopping up the floor around a sink that's overflowing without also turning off the faucet."

As our readers know, the Gerson Therapy philosophy approaches all healing by overcoming the underlying problem first, strengthening the body so that it can heal itself.

To understand what works and what doesn't, the "U.S. Congress, in 1992 man-

dated the formation of the Office of Alternative Medicine (OAM), under the auspices of the National Institutes of Health (NIH); the budget for the OAM is \$5.6 million, less than half of one percent of NIH's \$12 billion budget."

Mr. Levin continues by reporting that "the Natural Health Clinic of Bastyr a primary care and family medical facility, also serves as a teaching clinic. ... It operates with a sliding scale fee system that affords qualifying patients a ninety-minute office visit for as little as twenty dollars." This also allows lower income families to use alternative and natural medicine.

## Dear Charlotte...

### Charlotte Gerson answers questions about health.

Some weeks ago, I received a letter from a long time fan in England who also enclosed an article that appeared in the *Daily Telegraph*, (London, Sept. 1997) which made me pretty angry. The author of the article reports on a book called, *What Risk?* (Published in September by Butterworth Heinemann, England), supposedly proving the safety of synthetic, chemical pesticides. In one chapter, the authors Bruce Ames and Lois Gold, claim that all foods contain natural pesticides and that the synthetic ones are no more dangerous than those eaten for thousands of years. It also contains the total misstatement that "Nobody has produced a shred of evidence that modern pesticides are causing human cancers. ...Cancer rates, adjusted for age, are falling steadily." He claims that these are "uncontested facts," and that there is no lobby to promote pesticides - also stating "food is safer than ever before."

Another article appearing in this issue of the *Healing Newsletter*, provides numerous 'shreds of evidence' contradicting the above. ("Pesticide Poisoning" pg. 8)

In one statement, the authors are right: all natural produce is protected by nature against pests and disease with its own chemical defenses, which can be compared to our own immune system and defenses against bacteria and fungi. For example: We have a low level of cyanide in all our body cavities for protective purposes, but, it is present in such low levels,

we do not die of this 'toxic' substance. However, when given in pharmaceutical form, at higher levels, cyanide is a deadly poison. The natural chemical defenses of plants work in the same way. The level of natural toxins are so low, it's ridiculous to suggest they are no different than man-made, chemical poisons.

The belief that pesticides and fungicides are needed to grow healthy crops of food, is another misconception. If plants are not grown on organic soil, and do not have their natural nutrients, they lose their defenses - the same as we do - allowing bugs and disease to attack them - the same as they attack us when our defenses fail. To poison the soil with pesticides, is to poison the plant, which then becomes weakened and unable to defend itself naturally.

Some areas in California have such high toxic levels in the soil and water that an unusual number of children in those areas die of primary liver cancer. The same is true in countries formerly behind the iron curtain. In Romania and Hungary, the soil was heavily treated with pesticides. As a result, Hungary has the highest rate of cancer in Europe! England is not far behind.

It is unconscionable for anybody to claim that cancer rates are falling steadily. In the 27 years since Nixon declared the "War on Cancer," rates have more than doubled. In 1971, cancer deaths in the U.S. amounted to 215,000 people annually; in 1996, the number was up to 550,000 (per *US News and World Report*).

Some years ago, Professor Karol Sikora, Chief Oncologist of the Royal Postgraduate Medical School in London, told the annual conference of the Royal Pharmaceutical Society that, "We are losing the war on cancer. One in two of the population will succumb by 2010, and anti-cancer drugs have reached a plateau with only five percent of patients responding well to chemotherapy." (*Healing Newsletter*, Vol. 11, No. 5, p. 9).

## How can anyone claim, contrary to the opinions of the top authorities', that cancer rates are falling?

It is an age-old theory that if you tell a big lie long enough, it is eventually believed. I don't think that in this case, the authors will be able to pull the wool over anyone's eyes but their own.

The poisoning of our food and water is a serious matter, and to suggest it is a threat which does not exist, is a great disservice to every living being.

# The Cause of Cancer:

## And other degenerative diseases.

By Charlotte Gerson

*"In my opinion, cancer is not a problem of deficiencies in hormones, vitamins and enzymes. It is not a problem of allergies, of infections with a virus or any other known or unknown microorganism. It is not a poisoning through some special intermediate metabolic substance or any other substance coming from an outside, so-called carcinogenic substance. All these can be partial causative agents, contributing elements. Cancer is not a single cellular problem; it is an accumulation of numerous damaging factors combined in causing deterioration of the whole metabolism after the liver has been progressively impaired." Max Gerson, MD A Cancer Therapy - Results of 50 Cases. P. 35.*

Keeping Dr. Gerson's words in mind, it becomes evident that 'science' will not find "the cause of cancer," since there is no single cause. The deterioration of the organs and the liver specifically, cannot be easily detected - symptoms may take years before revealing themselves. Also, these symptoms can indicate any number of problems, from cancer to other chronic diseases which are caused by the same early deficiencies and poisoning of the liver and other organs.

Since Dr. Gerson wrote his book, other overwhelming problems have developed to dramatically increase the incidence of cancer. In only the last 27 years, the number of cancer deaths have increased from 215,000 persons annually, to over 550,000 (in the U.S. alone.) While these numbers are alarming, they are also revealing.

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**In 1936, street corner posters read: One person in 16 dies of cancer. The rate is now one in 3.**

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We observe more and more often that patients arriving at the Gerson Therapy hospitals are in their thirties or early forties, accompanied by their parents. While

cancer is traditionally thought of as a disease of age and deterioration, present reality is quite opposite - it is the younger generation who are getting sick! This is not only tragic but unnatural.

Let us look at some of the probable causes: The heaviest environmental poisons, starting with DDT and progressing to Dieldrin and many other pesticides, came into use toward the end of WWII, about 1944. When looking at people 65 or over (the most rapidly increasing sector of our population) who were already in their teens or even twenties, when these chemicals were introduced, we find a much lower percentage of cancer incidence and deaths.

From this statistic we can assume that when the body is fully formed, toxins are not as severely damaging as they are to the delicate developing organs of babies and young children. We are now in the second and third 'post-pesticide' generation, and the cancer death rate in children is rising, because their easily damaged, developing tissues are exposed to more and more toxic chemicals in the air, food, soil, and water. Even second-hand smoke and the excessive use of antibiotics lead to the increased frequency of cancer in children.

Obviously, the problem is not only cancer. Diabetes, asthma, allergies, chronic infections and even arthritis in children has been on the rise for many years (see Hearings before the 'Senate Select Committee on Nutrition and Human Needs,' 1978). While antibiotics have undoubtedly saved many lives, their over-use for every kind of cold, flu, and cough has made 'bugs' resistant, so more powerful drugs have to be developed and used. The result is not only that new forms of many bacteria, including TB (see *JAMA*, Vol. 278, No. 13, October 1, 1997), are now resistant to antibiotics; but these wonder - drugs also have toxic side-effects. Therefore, they tend to weaken children who are regularly treated with them. They weaken the immune system and predispose the patient to higher fre-

*(Continued on next page)*

## Heartbeat - Drumbeat

By Anita K. Wilson

At a recent 'get acquainted' party organized by Anita at the Sedona clinic, a number of people gathered, all interested in alternative therapy, specifically the Gerson Therapy. Anita Wilson, our well-loved director/manager dedicated this poem to the staff - *the healers* - at the Sedona Gerson Center.

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Life called.  
And as you listened  
You heard the drumbeat of the healer.

Its powerful rhythm  
Stretching across eons,  
Gently beckoning you to your dance  
with Destiny.

And you answered.

"I come, I will serve the highest  
purpose. I will walk the path of right  
action."

And at day's end, I see you on bended  
knee with your face to the setting sun  
And in the stillness I hear your  
prayer,

"Oh, Blessed Creator, in my life make  
a difference."

Life called again and as you listened  
you heard the heartbeat of the  
wounded.

You drew unto you those of weakened  
body and frightened heart. You held  
for them the remembrance of their  
true being and Held the image of their  
perfection, of their wholeness.

And at day's end, I see you on bended  
knee with your face to the setting sun  
And in the stillness I hear your  
prayer,

"Oh, Blessed Creator, help me to make  
a difference."

And in that instant, all of the Angels  
and all of the Beings since time began,  
gathered and uplifted you.

And in the stillness, I heard their  
symphony as they sang.

"Oh, precious one,  
Oh, precious one,

You make a difference,  
You make a difference."

## Cause of Cancer...

(continued from previous page.)

quencies of more severe infections. The average physician does not give any thought to building up the immune system in order to prevent future infections, with, say, fresh carrot juice (beta carotene) and living fresh foods. They have not been trained in that direction.

The weakening of the immune system and the poisoning of the liver are the beginning of all chronic, degenerative diseases. However, the factors mentioned above are only a few of the ones affecting us.

Another situation that is particularly heart rending is the frequent incidence of cancer during or immediately after pregnancy. In a few women, perhaps past their early thirties, this occurs with their first baby; in others after the second or third child. It is extremely tragic when a new baby, or a very young family loses its mother.

The reason is not difficult to find: our damaged soil, artificially fertilized, is deficient in nutrients. Further, our population (including young mothers of course), eat the damaged, sprayed produce and meats, which are then processed with more chemicals and depleted of living nutrients. In the end, the actual nutrition obtained from the foods is minimal when it comes to minerals, vitamins and living enzymes. So when the already deficient body of a young woman is called upon to form a whole new system, nature protects the new life, and the baby gets everything it needs from the mother's reserves (this becomes a problem, unless she has been ingesting adequate nutrients.)

Disease finds its opportunity to grow when nutrient reserves are low and depleted. Besides sharing nutrition, her body also has to excrete toxins for both organisms, placing an additional burden on the detoxifying organs (liver and kidneys). If all these deficiencies are serious enough, toxin levels increase, leading to the final break-down called: cancer.

In many presently 'underdeveloped' countries, women normally bear 6-8 children, nurse them, and remain in quite good health. They often do not have the means to eat much meat or animal proteins, so they eat more vegetables from their own garden plots, or from street markets (not canned, preserved, pickled, frozen and chemicalized), and have a

much lower cancer incidence than the U.S. population. With civilization and industrialization bringing us such a severe break-down of health, we must re-examine our life-style and make changes to insure our good health.

Dr. Gerson pointed the way half a century ago. He was a pioneer - his ideas are more and more recognized and incorporated into healing methods and 'alternative' medicine. He stated that we "must return to nature," eating the fresh, living, organic fruit and vegetables our bodies are designed to use most beneficially. We must do this in order to maintain health and a long, active life.



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**"When a doctor tells you (me) that it is up to your immune system to prevent cancer from returning, but cannot tell you how to do that and just looks at you with a blank face - then it is time to take our lives in our own hands."**

-Irene Stravanought.

## Corporate Contribution

### "Matching" by Howard Strauss

Many corporations in the United States and abroad maintain a policy of "matching" their employees' contributions to worthy charities.

Companies do this because they recognize the dual benefits of being a good corporate citizen, and being able to demonstrate to their communities and stockholders, a commitment to charity and support of good work.

If you work for such a corporation, please let them know of your contribution to the Gerson Institute, so they can match it. Since your membership, or any gift, is a tax-deductible contribution, it will be matched by your corporation. This doubles your contribution at no extra cost to you. We thank you for your support of the Gerson Institute. Without your help we could not continue our important work.

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# Removal of Breasts for Cancer Prevention!

## The 'Genetic Predisposition' theory.

(From an article in *THE CHOICE*, Summer 1997, by Michael L. Culbert, DSc.)

Back in 1986, John Bailar II, MD, then at Harvard University, called 'The War on Cancer' a "qualified failure." Bailar, now a University of Chicago researcher and epidemiologist, again stated in the *New England Journal of Medicine*, that in spite of the billions of dollars poured into cancer research, "cancer remains undefeated. The effect of new treatments for cancer on mortality has been largely disappointing." In conclusion, Dr. Bailar states that "efforts to control cancer should be more seriously concentrated on prevention with funding of research."

Dr. Richard Klausner, director of the National Cancer Institute, while generally agreeing with Bailar's statement, said that "a philosophy that pits prevention against treatment is not helpful. Our commitment is to find the causes and intervene with prevention when we can. But we may not find all the causes and must be prepared to intervene at the level of treatment when prevention fails."

This statement seems to fall flat in my opinion, in view of Bailar's statement that despite billions of dollars poured into research for better cancer treatment over the last 30 years, the results have been largely ineffective! Furthermore, during those years, research has been largely centered on treatment with more and more expensive chemotherapy drugs, reaching the ultimate total poisoning of the body with 'Bone Marrow Transplants.' Even those have 'worked' at best for only a few months.

The one highly touted area of investigative research into the causes of cancer continues to be work on genes which are presumably mutated and tend to cause cancer. (*New England Journal of Medicine*, published in May '97.) This area has more recently focused on the gene (mutated BRCA1 and BRCA2) that supposedly causes breast cancer. This 'discovery' results in suggestions by physicians that women undergo "bilateral prophylactic mastectomies" (preventive dou-

ble mastectomies) under the assumption that the disease runs in families. The link of breast cancer to specific genes was originally put at 76-87%. After possibly thousands of women had 'preventive double mastectomies' performed, it was found that the risk is not nearly as high as originally thought. With this mutilation in mind, consider the additional finding that women who had undergone 'preventive mastectomies' at age 30, could live only an average of three to five years longer by having their breasts removed while still healthy.

The madness went further: there was also a gene supposedly connected with the development of ovarian cancer, whose genetic link was originally estimated at between 11 and 84%. After many healthy ovaries were removed 'preventively,' the probable link was estimated at 16%. Women with 'defective genes' relating to ovarian cancer, could live an average of only two years longer if they had their ovaries removed by age 40.

"We are not advocating these surgeries," said Dr. Deborah Schrag of the Dana-Farber Cancer Institute, the study's lead author. "A woman facing these decisions will want to consider her self-image, her ability to have children, her ability to nurse her children, as well as relief of her anxiety about getting cancer."

There is another problem: there are hundreds of tissues in the body that can develop cancer. Removing the breasts and ovaries may prevent those specific locations from developing malignancies but what about the other tissues?

All these mutilations bring to mind the book by Robert Mendelson, MD: *THE MALE PRACTICE* in which he implies that male surgeons are quick to mutilate women. The gene connection to cancer of the prostate is 16%, yet we have not heard about 'preventively' removing the prostate! There is more: an alleged

(Continued on next page)

## A Letter From John Wagner: Recovered Patient

Dear Charlotte,

I'm writing this letter to relay my experience with the Gerson Therapy. In 1980 I was diagnosed with myeloma, a bone marrow cancer. I received radiation and was advised that the likelihood of cancer returning was very high, even though the cancer was only in my 4th lumbar vertebra. This caused me to question why I developed cancer, so I started to research alternative healing methods. The Gerson program strongly attracted me because it made sense, and was so comprehensive.

Consequently, in 1980 I undertook the program for 2 years, and have been cancer free (even though doctors have insisted that I was terminal.) I recently self-published a book, "30 and Terminal: Cancer Survival," which deals with my emotional and psychological healing. As a result of a promotional speech for this book, I familiarized myself further with the Gerson program and discovered that I didn't properly describe it. I didn't mention that the Gerson Therapy was also effective in treating scar tissue.

The reason this was important to me, is that for the last seven years I've been in daily pain from a bone fusion on my back to repair the cancer damaged vertebra. The surgery was 100% successful, except that there was a 1 inch area at the top of the scar I could crunch with my fingers. I tried many methods to dissolve it, including conventional medicine injections, but nothing worked. Therefore, in August 1997 I resolved to try the Gerson program again.

In two weeks I was 50% better, and six weeks later pain free. As someone who already knows the Gerson Therapy works, I was still astounded that I could trigger a healing reaction to clear up a 1 inch area of scar tissue.

Now I have my book in my lobby, with the Gerson Newsletter next to it, so no one misunderstands how significant the Gerson Therapy is. Thanks to the Gerson program, I'm still alive and can finally sit down without pain.

Sincerely,  
John Wagner.

## Breast Removal...

(Continued from previous page)

genetic link was found in mutated genes causing colon cancer and there has actually been the suggestion of removing the colon 'prophylactically'. The thought of removing a healthy colon to live with a rubber bag on one's belly boggles the mind.

Studies now come up with some positive facts: Regular exercise helps protect women from breast cancer. (This is the result of a study by Inger Thune and others from the University of Tromso, Norway, published in a May *New England Journal of Medicine*.)

A gene has been found to be present in some women which appears to raise a woman's risk of breast cancer, relative to when she has her first menstrual period. This gene has been shown to be related to the body's production of estrogen from cholesterol as well. (Brian Henderson, University of Southern California School of Medicine in Los Angeles). This would implicate meat eating, as well as high consumption of eggs and milk fats, such as cheese also promote the growth of cancer. Asian women who eat more fish and less meat than American women have "a much lower rate of breast cancer than American women".

There was no mention of the possible causes of gene mutation. It has been established that radiation, for example, can mutate genes. Dr. John Yiamouyiannis in his book, *Fluoride - The Aging Factor*, also points out that fluoridation is a serious threat to heredity and can definitely cause genetic damage. How about the hundreds of other toxic chemicals that abound in our environment, such as DDT and the later pesticides, Dieldrin and many more that find their way into our food supply? Should this not be the first area for studying prevention?

The above material points again to the prevention available to all women who adopt a modified Gerson Therapy. I can't help but urge our readers and their families to stay as close to nature as possible. Cut out (or seriously cut down) cholesterol from meat, cheese, eggs, and particularly from fast foods. Rather than submit to mutilating 'preventive' surgeries, that promise not more than 3-4 years of cancer-free extension of life. Imagine the

(Continued on next page)

# Pesticide Poisoning:

## The facts of life.

By Susan DeSimone

Pesticides are a fact of life for all of us. Not only are they sprayed on our food, "they are sprayed on forests, lakes, city parks, lawns, and playing fields, and in hospitals, schools, offices, and homes," write Mott and Snyder in their book, *Pesticide Alert*. The effects of pesticides are far reaching: not only do they poison our food, but these highly toxic compounds have also poisoned many farmers as well. Pesticides contaminate our rivers and groundwater, and in turn they also threaten any creature whose food has been contaminated - birds, fish and mammals. They also have been linked to cancer, are known to have caused birth defects, genetic mutations, nerve damage, and a host of degenerative diseases.

According to an estimate made by the EPA in 1987, approximately 2.6 billion pounds of pesticides are used annually in this country, and despite the demand from consumers for a reduction in their use, sales of these toxic chemicals continues to rise. In California, pesticide use rose by 31% between 1991 and 1995, as reported in an *Associated Press* article dated September 19, 1997. The group which conducted the study, the Pesticide Action Network, reported that "the annual use of cancer causing pesticides rose to 23.4 million pounds and nerve poisons climbed 54% to 8.6 million pounds." Veda Federghi, a spokeswoman for the California Department of Pesticide Regulation defended this increase, calling the report "bogus science" and retorted that "merely citing poundage proves nothing." She continued, "The most important component of risk is not toxicity, it's exposure, and we regulate so that

exposure to chemicals are at acceptable levels."

Clearly, this woman is communicating in doublespeak, for "there has not yet been a single research study published in any scientific literature attesting to the safety of pesticides," writes Jozef Krop, M.D. in the May 1997 issue of *Alive Magazine*. In fact, a 1993 National Academy of Sciences study of children and pesticides, which based its findings upon residues found in actual diets, revealed that some children are exposed to such a wide array of pesticides each day that they could experience acute organophosphate insecticide poisoning. (Organophosphates are pesticides that are used primarily as insecticides by disrupting nerve function).

The combined toxicity of exposure to many different pesticides has yet to be studied, but cancer rates, according to the National Cancer Institute, have skyrocketed, increasing by 48% between 1950 and 1990. "Since 1950, cancer rates for the general population (excluding lung and stomach cancer) have risen at a rate of 1.2 % per year, with extraordinary increases in certain cancers, including cancers of male and female organs, notably breast (up 52%), prostate (up 134%) and testes (up 125%), according to a 1993 SEER Statistics Review published by the U.S. Department of Health and Human Services. What is even more disconcerting is the fact that the incidence of childhood cancer (particularly brain cancer and leukemia) has risen sharply, up 33% since 1973 (see "*Cancer in Children*," SEER Cancer Statistics Review

(Continued on next page)

### Important research concludes it!

An item found in England's Gerson Support Group publication, *Coffee & Carrots*.

"Did you know that the single most forgotten item during a weekly shopping tour is toilet paper? According to recent research, 50% of women and 48% of men said that toilet tissue was furthest from their minds as they wandered down the aisles. (Taking frequent enemas would probably sharpen their minds - and require a better memory.)"



## Pesticide Poisoning...

(Continued from previous page)

1973-1990, U.S. Department of Health and Human Services).

When pesticides are ingested, they are stored in the fat and then are gradually released into the bloodstream. This accumulation of toxins over a period of years contributes to the development of degenerative and autoimmune diseases.

This cumulative effect of pesticides was quite evident in a study conducted by the Mt. Sinai School of Medicine and New York University Medical Center (as reported by the Environmental Working Group, based in Washington, D.C.).

In this study, 58 samples from women with breast cancer and 171 samples from similar women who were cancer free were analyzed. The women who had the highest levels of DDE (a metabolized by-product of DDT) in their blood were four times more likely to have breast cancer than the women with the lowest levels. Here we see the long term effects of pesticides - even though it was banned in 1978, the specter of DDT still haunts us. Not only are DDT residues stored in our tissues, small amounts of this poison still linger in the soil to this day.

While the U.S. government has funded research to determine which pesticides are carcinogenic, little research has been done on the non-cancerous effects of pesticides. Joel Grossman writes in the June 1995 issue of *Environmental Health Perspectives* (a government publication): "authorities have neglected to study the damage that exposure to pesticides may have on the immune system, the central nervous system and other bodily systems such as the endocrine (hormone) system and the genes." Mr. Grossman explains that "the EPA knows little or nothing about the toxic characteristics of most of the inert ingredients that make up the bulk of most household pesticides. Furthermore, government officials are prohibited - under penalty of prison sentence - from revealing to the public what they DO know about inert ingredients."

Scientists do agree that exposure to a mixture of known carcinogenic chemicals via the air we breathe, the water we drink and the food we eat pose serious health risks. The World Health Organization estimates that pesticide use worldwide causes 3 million severe poisoning cases and 220,000 deaths each

year. In the U.S. alone, as noted in the November 18, 1994 issue of *Science*, between 30,000 and 60,000 people die each year from exposure to chemical pollutants.

Some of our readers may now be saying to themselves, "OK - pesticides are carcinogenic, but the government is regulating pesticide use. They've conducted the studies, they've assessed the risks - tell me something I don't know!"

Well, fine, but brace yourselves.

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## Manufacturers have found a cheap method of disposing their hazardous waste, and it may be sitting in your refrigerator right now!

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Rather than shoulder the added expense for proper disposal of these extremely toxic chemicals - "wastes from iron, zinc and aluminum smelting, mining (including radioactive uranium), the burning of medical and municipal wastes and other heavy industries are recycled and end up as fertilizer that's spread over crops," reports the *Blue Duck*, a New Jersey based consumer awareness newsletter. And yes, folks, the report stated that: "while the federal government regulates heavy metals in fertilizers made from biosolids (sewage wastes) IT DOESN'T CONTROL FERTILIZERS MADE FROM RECYCLED WASTES." In fact, according to an *AP* article released on July 10, 1997 pertaining to the same subject, "Federal and state governments encourage the recycling [of hazardous waste because it] saves money for industry and conserves space in hazardous waste landfills." Farmers are not even aware of the presence of recycled hazardous waste in the fertilizers that they are using since there are no national labeling requirements (which is not the case in Canada and Europe). The *Blue Duck* article noted that "experts who have studied recycled hazardous wastes are especially concerned about the effects of lead, cadmium and arsenic. Trace amounts of lead can cause developmental problems in children and high blood pressure in adults. Infants are particularly at risk for lead poisoning, while cadmium can cause cancer, kidney disease, neurological dysfunction and birth defects." (Continued on next page)

## Breast Removal...

(Continued from previous page)

freedom from fear and disease that can result from adopting a healthy life-style with a low cholesterol diet plus some exercise.

If you already have breast or ovarian cancer, don't despair because you believe that the genes cannot be altered and there is no help. The Gerson Therapy has been remarkably effective, especially if no chemotherapy has been applied, in healing breast cancer and even more reliable in curing ovarian cancer. I cannot claim for a certainty that the Gerson Therapy changes genes; but we have evidence that even supposedly 'genetic' disease, such as cystic fibrosis, can be cleared with the Gerson Therapy. I can only guess that since genes control the building of enzymes in the tissues, when the body is amply supplied with enzyme rich raw and vegetarian foods, the problem does not arise or can be overcome.



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## Pesticide Poisoning...

(Continued from previous page)

Extensive crop failure and the death of six cows prompted one farmer in the state of Washington to investigate the possibility of chemical contamination. Scientists analyzed residue, dust and rust from the bottom of a steel fertilizer tank which housed products the farmer had been using that were manufactured by Cenex. The lab discovered arsenic, beryllium, lead, titanium, chromium, copper and mercury. State officials at the Department of Agriculture in Washington are "currently testing a cross-section of fertilizer products to see if they threaten crops, livestock or people," the *Seattle Post-Intelligencer* reported.

## The Effects of Pesticides on Soil and Plant Growth:

It is important to understand how vital soil is to the health of all living creatures. Pesticide use, as well as chemical fertilizers undermine the integrity of soil. Dr. Gerson wrote: "When we take from and rob the earth we disturb the natural equilibrium and harmony, producing sickness of the soil, sickness of the plants and fruits and finally sickness of both animals and human beings." He describes the soil as our "external metabolism" and felt that "we may compare the work of the soil to a mother feeding her baby."

Indeed, like our body, healthy soil needs the following elements: lots of oxygen, microbial life, organic matter and nutrients in the form of minerals.

Overuse of chemical fertilizers can be compared to the overuse of antibiotics. Extensive use of antibiotics destroys the flora or "good" bacteria in our stomachs and intestines, allowing the "bad" bacteria to multiply and become resistant to antibiotic medications. Doctors now realize that antibiotics cannot be used indiscriminately - they must be used only when necessary - and after treatment they instruct patients to eat yogurt or take acidophilus supplements to replenish the flora that may have been destroyed during treatment.

Soils undergo a similar reaction, for when pesticides are used the plants actually become more susceptible to disease. If the numbers of bacteria, fungi, protozoa and arthropods are lower than they

should be, the soil's "digestive system" doesn't work properly. In turn, decomposition will be low, and nutrients may be lost altogether through the groundwater or erosion, because organisms are missing that are needed to hold the soil together.

It is clear, therefore, that if soil is healthy, there is no need to use pesticides. Fertile soil will not only guarantee high yields and good tasting produce, it is also naturally resistant to pests and disease. Insects do have a place in the plant's life cycle. "The burrowing action of ants, grubs and beetles allows air to penetrate the soil, improving its structure and drainage," writes Beatrice Hunter in her book, *Gardening Without Poisons*. Some insects eliminate sick plants - they are called upon when needed and repelled when they are not. The presence of weeds is an index of the quality of the soil, so it would be a mistake to use pesticides to destroy them.

Organic farmers understand that the soil foodweb is very delicate; they realize that the more it is tampered with, even at the most basic cellular level, the more harm is done. Through the practice of sustainable agriculture these farmers enrich the soil using methods such as crop rotation and adding compost (fully broken down organic matter). Organic farming adds life to the earth rather than empty it, sustaining her valuable nutrients and much needed critters - unlike conventional farming methods.

We must remember what Dr. Gerson told us: "The soil needs activity - the natural cycle in growth and in rest - and natural fertilizer, as we have to give back that which is necessary to replenish the consumed substances... Food planted and grown in this way must be eaten partly as living substances [raw] and partly freshly prepared, for 'life begets life' ... Organic gardening seems to be the answer to the cancer problem."

## A Primer on Poisons:

"Pesticide" is a blanket term which includes fungicides, herbicides and insecticides. Here are a few that you should be aware of:

### *Chlorinated Pesticides:*

These include aldrin, dieldrin, chlordane, DDT and its metabolites (DDE and DDD), and lindane (Alpha, Beta, Delta, BHC). These have been widely used in

agriculture, forestry and even in household products over the last 20 years. Some of these have been banned from use in the U.S. and Canada due to their poor biodegradability and high toxicity, but they are then exported to other countries! Then shipped back to the U.S. as imported produce. So take note and avoid buying imported produce. These chemicals are known to be carcinogenic.

### *PCB's:*

Polychlorinated biphenols (PCBs) were developed as a coolant for electrical transformers. Before 1972, PCBs were used in transformer fluids, hydraulic adhesives and pesticides.

### *Dioxins:*

Dioxins are the most toxic substances known today. Stored in the fat, they are very poorly metabolized. When burned, PCBs yield polychlorinated dibenzofurans and dioxins which are 100 to 1000 times more toxic than PCBs. They cause symptoms that range from neuralgia, reduced nerve conduction velocity and sensory neuropathy to malignant melanoma and liver cancers.

### *Organophosphates:*

They include pesticides such as malathion, dursban, and diazanon and they constitute 40% of all pesticides used. These chemicals are mainly used inside buildings. Even though they disappear from the biological system within 24 hours, they cause delayed neurotoxicity involving the cerebral cortex, brain stem, spinal cord, peripheral nerves, muscles and eyes.

### *Phenoxyacid Herbicides:*

The most common phenoxyacid herbicides are 2, 4-D and 2, 4, 5-T which, when proportionately mixed make up Agent Orange. They are extensively used in control of terrestrial broad leaf plants. They have proven to cause leucopenia (too low white blood count), and non-Hodgkin's lymphoma.

Source: *Alive Magazine* #175



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# Gerson™ Therapy Conventions and Lectures Schedule, 1998

## Phoenix, AZ

Shadow Mtn. High School  
January 4th, 1998 (Sunday)

Schedule of Events:

(Following Sunday service of the Logos Church.)

**11:30 - 12:30 am** - Charlotte Gerson presents her lecture on 'Healing Incurable Diseases'. Books and tapes available. No workshop on this date.

**Location:** Shadow Mountain High School (Cafeteria). 2902 E. Shea Blvd. Phoenix, AZ.

**More Information:** Pat Hughes - tel. (602) 984-7322.

## Sedona, AZ

Church of The Red Rocks  
January 5th, 1998 (Monday)

Schedule of Events:

**9:45 am** - Charlotte Gerson presents her lecture on 'Healing Incurable Diseases'.

**Location:** Church of The Red Rocks, off Hwy. 179, at 54 Bowstring Dr. (1/2 mi. South of the "Y" in Sedona, on Hwy. 179). Inside Fellowship Hall. Entrance on lower level to right of church.

**More Information:** Cindy Phillips, Program Chairperson (230 Sunset Dr. #21, Sedona, AZ 86336-5430) Tel. (520) 204-9701.

## Pasadena, CA

National Health Federation  
January 16, 17, 18, 1998

Schedule of Events:

(Please call the National Health Federation for the time of Charlotte Gerson's lecture at this event.) There will be no workshop given at this appearance.

**Location:** Pasadena Convention Center - 300 E. Green Street, Pasadena, CA 91101

**Host Hotel:** Holiday Inn Pasadena, 303 E. Cordova, Pasadena, CA. For reservations call (800) 457-7940 - \$83 single/dbl., triple \$95, quad \$107 - ask for the "NHF Group Rate."

**More Information:** National Health Federation, Tel. (626) 357-2181, or fax (626) 303-0642. e-mail: nhfweb@healthfreedom.org web: www.healthfreedom.org

## Orange County, CA

Leisure World  
February 16, 1998 (Monday)

Schedule of Events:

**1:30 - 3:00 am** - Charlotte Gerson presents her lecture on 'Healing Incurable Diseases'.

**Location:** Leisure World - Sevilla Club House 3, in dining room 2. Open to members of Leisure World.

**More Information:** Helen Curran, Tel. (714) 458-8510.

## Phoenix, AZ

Phoenix Holistic Health Expo  
March 6, 7, 8, 1998

Schedule of Events:

(The Expo is presented with the Southwest Herb & Aromatherapy Conference.)

**Mar. 7th (8:00 pm)** - Charlotte Gerson presents her lecture on 'Healing Incurable Diseases'.

**Location:** Phoenix Civic Plaza. 225 E. Adams St., Phoenix, AZ - Hall E.

**Accommodations:** Hotels close to the Civic Plaza are; Hyatt (602) 248-0222, Holiday Inn (602) 248-0222, and Radisson (602) 258-3411.

Economy Hotels within close driving distance are; Quality Inn (602) 248-0222, & Motel 6 (602) 267-8555 - Call early for reservations.

**More Information:** Martha Forest, Director, Tel. (520) 771-1742, Fax (520) 771-1762.

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