

GERSON™

HEALING

NEWSLETTER

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Professors of Medicine Choose Gerson Therapy Over Conventional Treatment:

To cure their own malignant disease

By Charlotte Gerson

Just before the New Year's holiday, on December 30, 1997, we received a very important letter at our office.

About 4 years ago, we received news from Mr. Koichi Imamura (the gentleman who translated the Gerson book *A Cancer Therapy* into Japanese), that Professor Hoshino, a professor of medicine at a northern Japanese university had used the Gerson Therapy to cure his malignant cancer. Professor Hoshino discovered that he developed cancer of the colon in 1992. At that time he had surgery to remove the cancer, and in the course of the surgery, it was discovered that the cancer had already spread to his liver and he had metastases.

Professor Hoshino did not choose to take chemotherapy. He had Dr. Gerson's book and used it along with some immunotherapy to treat himself. Already about 2 years later, Mr. Imamura informed me that Dr. Hoshino was recovering. However, as is good medical practice, he refrained from asserting a 'cure' until more time had passed. Now, more than 5 years have elapsed since Professor Hoshino's diagnosis. Following is a re-printing of the letter we received from him: Dec. 30th, 1997.

"As you know, I suffered from colon cancer and metastatic liver cancer in 1992 and recovered from them by Gerson Therapy, as well as immune therapy. Now I am writing a book introducing Gerson Therapy in Japan. It will be published in Spring. This will be the first book of Gerson Therapy written by a medical doctor in Japan, so it may cause a big sensation."
(Continued on page 10)

Recovered Patients Special Issue!

Celia Collins' Story:

A recovering patient.

By Celia Collins (Introduction by Charlotte Gerson)



We will start this issue's recovery experiences with Celia's story. Celia Collins is a puppeteer (as you can see from her picture), who also makes her own puppets. She writes: "This picture was taken in February, 1997, just the day before I found out about the cancer."

Celia went to the Gerson clinic in Sedona during April of 1997, diagnosed with malignant cancer. The tests and SCANS she had following her stay at the Sedona Care Center were done in September of 1997. Already, her breast and liver showed clear - a fast and wonderful response.

Generally, we do not publish patients' stories of recoveries until at least 4-5 years after they start on the Gerson

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GERSON
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Charlotte Gerson, President
Andrew Printer, Executive Director
Brandon Finucan, Editor
Susan DeSimone, Writer

Please address all letters and comments to:
The Gerson Institute
P.O. Box 430, Bonita, CA 91908-0430
tel (619) 585-7600 / fax (619) 585-7610
e-mail: mail@gerson.org
web: www.gerson.org

www.gerson.org

The Gerson Healing Newsletter is published on a bi-monthly schedule by the Gerson Institute. It is our membership lifeline, and is intended to keep our members informed of various health issues about, and relating to the Gerson Therapy.

Members receive the Gerson Healing newsletter six times a year. Becoming a member of the Gerson Institute is simple, and best of all – you will help us further promote public awareness of Doctor Max Gerson's life saving homeopathic therapy.

Please see our registration form on page II for more information on becoming a member.

Gerson Vendor Network

A list of vendors, supporters, and donors who offer products essential to the Gerson Therapy.

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Toll free 8880 902-6333
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K&K Grinder & Press (juicer+press)
Al Hasser, 14410 Big Canyon Rd., Middletown, CA 95461
Tel (707) 9285970

Norwalk Juicers
145 E. Cliff St.
Solana Beach, CA 92075
Toll free 800 405-8423. Tel 619 755-8423
Web: <http://home.abac.com/norwalk>
e-mail: norwalk@abac.com

STAT (Gerson medical essentials)
Apartado Postal No. 2392
Tijuana, B.C.N. 22000, Mexico
Tel 011-52-66-801-103
Fax 011-52-66-802-529

Sunshine Organics (org. produce)
(formerly Jimbo's) 3918 30th St.
San Diego, CA 92104
Tel 619 294-9612, Fax 619 294-9612

Omega Nutrition (Flax Seed Oil)
5573 Guide Meridian, B2
Bellingham, WA 98226
Order Line: 1-800-661-FLAX (3529)
** For a special discount, mention that you are a Gerson Patient.

Greenjeans Organic Food Warehouse
(A home delivery service of Organic produce)
32234 Paseo Adelanto, D-1
San Juan Capistrano, CA 92675
Tel (714) 489-1960

Celia's Story...

(Continued from front cover)

Therapy, but Celia's response is remarkable, and we want our readers to share her joy. However, we do not claim a 'cure' after only 5-6 months on the therapy; that is why the title of this story is 'A Recovering Patient.'

(Celia Collins) My Choice for Life:

I am 58 years old, have breast cancer and am 9 months into the Gerson Therapy. I feel so fortunate to have found this opportunity for life and I want to share my experience with you. I had a mammogram every year and did self-exams erratically, but I did them. I had been careful for several years about not eating processed foods and read labels at the grocery store. I ate chicken, fish, vegetables, pasta, and salads. Cereal, only the healthy kind, homemade soups, and lots of cheese. I was feeling happy and content. Although in hindsight, I felt fatigued more often and I had just gotten over a bronchial thing that had hung on for several months and also had some swelling of my underarm lymph nodes. Now I also realize that I had some past unresolved life issues that had been wearing me down.

So, when on Feb. 14, 1997 I felt a lump in my breast, I was horrified but optimistic that it was not serious. My family physician sent me to a surgeon. He sent me for a needle biopsy which he was proud to say was a great improvement over the old cutting kind. I therefore was not prepared to lie face down on a table

with a hole in it for my breast and be shot with a needle at 70 miles per hour 12 times. (usually it is 6 times but the doctor said he wanted to be sure!) It was then that I began to worry. This was serious if it could warrant such a drastic test.

Then came the wait and then the diagnosis...it was cancer! The emotion that I remember was terror, sheer terror. Who? me! why me? It's not fair, I'm not fat, I eat well, I don't smoke, I'm happy and have so much to do and to give – I may die! (I'm sure my reactions were pretty classic). Our culture tells us that cancer is a death sentence. At that time this was all I knew so of course that is what I believed and my doctors did nothing to disavow that concept.

I chose to have a lumpectomy and it was found that I had a 1.5 ml infiltrating ductal carcinoma (close margin) with 3 lymph nodes involved. The tumor was stage II, grade III (most aggressive) and non-estrogen receptive. They recommend 6 months of chemo (although my surgeon said that in his experience chemo had never prolonged anyone's life and that he did not recommend it) and 7 weeks of radiation with some extra swats for that close margin. The limited options given to me by these learned professionals consisted of an admitted roll of the dice. "We don't know what your condition will mean but we have some gross statistics, measured against the general population that we rely on and here they are..." and informed me about two poisons called chemotherapy and radiation. I was told,

(Continued on page 4)

What's So Passive About Passive Smoking?

Secondhand smoke and cardiovascular disease.

By Charlotte Gerson



The above is the title of an editorial in the *Journal of the American Medical Association (JAMA)* dated January 14, 1998. The editorial presents an interesting study clearly proving that 'secondhand smoke' increases the development of arterial plaque (atherosclerosis) thus increasing the danger of death by stroke and/or heart attack.

The editorial, written by Rachel M. Werner and Thomas A. Pearson, MD, PhD., begins by stating that cigarette smoking is the single most preventable cause of death in the U.S. The cigarette industry defends its role by saying smokers, aware of the risks involved, have a choice on whether or not to smoke. The same is not true for people exposed to secondhand smoke. They have no choice. According to the JAMA article, 480,000 deaths annually are smoking related, with 53,000 deaths attributed to secondhand smoking! This makes second hand smoking the third leading preventable cause of death (after active-smoking & alcohol consumption.)

Exposure to secondhand smoke, according to recent studies causes an increased risk not only of lung cancer, but also cardiovascular (heart and blood vessel) disease. The studies show that smokers have 3 times the risk of death from heart disease as non-smokers, while non-smokers exposed to secondhand smoke have an increased risk of about 1.3 times.

It is interesting to note that the authors of the editorial state that "the mechanisms by which second hand smoke causes heart disease...have been less well defined." They do show in various studies that plaque in the arteries of smokers increases in thickness by about 50% over 3 years; while the increase in non-smokers, exposed to second hand smoke, is approximately 20%. I recall reading studies conducted some 50 years ago, showing that each cigarette smoked increased cholesterol levels in the blood of smokers by up to 100 points. Even if the number is much lower, this

would clearly contribute to deposits of cholesterol in the arteries. What is interesting however, is that secondhand smoke can cause about 40% of the damage suffered by smokers. That would imply that the smoker does not absorb all the nicotine from the cigarette, but that a considerable percentage of the available poison is exhaled into the air. Even though it is then diluted, this exhaled smoke must still be powerful indeed!

The editorial referred to above goes into detailed studies on the amount of increased arterial plaque in smokers vs. the increase in non-smokers. These studies reveal a rate of plaque deposit about twice as high in smokers, as compared to non-smokers. The problem increases with the understanding that once plaque forms, it will always tend to increase because the average American diet is high in cholesterol. The relationship of arterial deposits to heart attacks and strokes is clearly demonstrable.

While I am very much impressed with the thorough studies reported, I feel it points only to part of the problem caused by smoke to the passive smoker; namely the increased atherosclerosis and the subsequent heart attacks and strokes. No mention is made of the increased risk of lung cancer. Interestingly, smokers also suffer from an increased rate of bladder cancer. Clearly, this is a metabolic disturbance, since no smoke goes directly into the bladder (as it does into the lungs). I am also quite certain that we are not only dealing with the damage done by nicotine to the smoker and non-smoker, but the harm caused by tars and chemicals used in tobacco growing and processing.

On January 1st, 1998, The California legislature passed a law forbidding smoking in bars, casinos, and other meeting places. Under pressure however, the law will be stricken by next January ('99) - unless a similar Federal law is passed.

Some Facts About:

Second-hand Smoke

The following information comes from a report by the EPA (U.S. Environmental Protection Agency) entitled, *Respiratory Health Effects of Passive Smoking*. Originally published in January, 1993, it was modified in March, 1997.

- Secondhand smoke is a human lung carcinogen, responsible for 3,000 lung cancer deaths annually of non-smokers.
- Secondhand smoke is classified as a Group A carcinogen under EPA's carcinogen assessment guidelines. This classification is reserved for those compounds or mixtures which have been shown to cause cancer in humans, based on studies in human populations.
- In children, exposure to secondhand smoke increases the risk of lower respiratory tract infections such as bronchitis and pneumonia.
- In children, exposure to secondhand smoke irritates the upper respiratory tract and is associated with a small but significant reduction in lung function.

Summary:

The report concludes that exposure to environmental tobacco smoke (ETS) - commonly known as secondhand smoke - is responsible for approximately 3,000 lung cancer deaths each year in non-smoking adults and impairs the respiratory health of hundreds of thousands of children.

In Addition:

There are only about one-dozen environmental pollutants sharing the EPA's Class A carcinogen rating (comprised of known carcinogens, as opposed to probable or possible carcinogens). Other EPA Class A rated pollutants are; arsenic, asbestos, radon and vinyl chloride.

For further information contact:

Center for Environmental Research
Information (CERI) U.S. EPA
26 W. Martin Luther King Drive
Cincinnati, OH 45268
[Order No.: EPA/600/6-90/006F]
web: www.epa.gov/iaq/pubs/cfts.html

Celia's Story...

Continued from page 2)

"here, you choose what you think you should do."

It was staggering to be confronted with so many negative choices. It just did not add up and so I began to look for some options. First my husband and I went to our favorite resort in Jamaica 10 days post-surgery. I waited at the moon and sky, took in the ebb and flow of the ocean, eternity, etc., and concentrated on healing from the surgery. It was exactly the right thing to do for both of us.

Once at home, I began my research. I read a few survival stories, but mostly I read about what cancer is and what alternative treatments exist. Again, there were so many choices...but in fact I kept returning to the Gerson Therapy as the most comprehensive, but also the most demanding of all the choices. I finally chose the Gerson Therapy because I wanted to live and not to leave my life up to chance.

Having a lumpectomy automatically means that one has radiation. I thought that was what I would do when I signed up for that rather than a mastectomy. But as I became more convinced about Gerson, I found I was moving away from doing the poison thing. My brother-in-law is a doctor who agreed that maybe I could get away without the chemo but he

was practically in tears that I was considering not doing radiation, as was the radiologist, the oncologist and my family. To say the least, the decision to not do radiation was agonizing. My inner-voice said, "Now Celia, lets be logical. You have a very serious disease called cancer that is the result of a diminished immune system. Simple logic says to support it, not attack it. If you choose the attack mode, you may just catch a few bad cells (no guarantees) and recover. BUT if radiation doesn't work, then you are really in trouble because now you have even less resistance than before. Whereas if you do the Gerson Therapy you will be building up your immune system and defending yourself systematically, not just locally." Once the decision was made, I have never regretted bucking the system. People say to me, "Oh, you are so brave." On the contrary, I feel the Gerson Therapy is the SAFE path, with known results going back 60 years, not just a crap shoot!

The decision made, my daughter and I took off for the Gerson Healing Center in Sedona, Arizona. My prior encounters with my doctors and the Cancer Center, had been so filled with doom, gloom, and long sad faces, my caretakers were so sorry for me! At the Gerson Center it was exactly the opposite, we were in a healing atmosphere! It was so refreshing and invigorating. Everyone was so positive, happy, and encouraging, even the clean-

ing lady! The care, the wonderful food, the other patients and staff... all special and good. As a result my healing was able to begin.

Currently, I am 9 months into the therapy. I had a CAT/Scan in April '97 as a base line. I was found to have some areas to watch on my liver and lung, also there was concern about the close margin in my breast and a worrisome "nodule". I had another CAT/Scan in September, after being on the therapy for 6 months and all of that was clear... gone! (the lung thing is a scar) The oncologist who had previously been so gloomy and sad for me had a huge grin for me ear to ear. This was a very rewarding day. All the hard work done by me and my wonderful, supportive family was paying off. I am so fortunate to have my family's total support which they threw my way when I made my decision to do the Gerson Therapy. This support is a must and in fact is one of the fringe benefits of the therapy. To feel your family's willingness to sacrifice with you is very powerful. My grown up daughter volunteered to come help us, and we are all having a wonderful time together. I feel stronger, more energetic and less toxic every day that passes. Healing is hard work but it also has provided the opportunity for all of us to grow emotionally, spiritually and to truly savor our life, family and friends.



Gerson Therapy Essentials

A Cancer Therapy - The most complete book on the Gerson Therapy, written by Dr. Max Gerson. This book explains the reactivation of the body's healing mechanism, and presents the theory, research, and exact practice of the Gerson Therapy. 50 case histories are documented. Also included, is a modified version of the therapy for use with non-malignant diseases. Available for \$19.95

The Gerson Primer - A companion to Dr. Gerson's *A Cancer Therapy*, this guide is provided to each patient at Gerson Therapy Treatment Centers. This *Primer* provides detailed discussion of procedures at the hospital, including notes from lectures by hospital physicians. Adjuvant therapies and procedures, necessities for doing the therapy at home, laboratory test interpretation, and more. It also includes all of the recipes found in the *Gerson Therapy Recipe Book*. Available for \$19.95

Gerson Video Tapes - (Vol. 1 - **Overview and Patient Testimonials**) Recorded at one of the Gerson Institute's one-day conventions, this tape features an introduction to the Gerson Therapy, a presentation of healed "incurable" patients, questions & answers, and historic photos of Max Gerson, M.D. (Vol. 2/3 - **How To Do The Gerson Therapy**) Charlotte Gerson describes and demonstrates the "nuts & bolts" of the Gerson Therapy, including answers to many commonly asked questions, problems, and more. (Vol. 4 - **Gerson Therapy Food Preparation**) Charlotte Gerson shows you how to prepare all of the juices and meals of the Gerson Therapy. A perfect companion to the *Gerson Recipe Book* or *Gerson Primer*. Vol. 1 available for \$20.00 / 2 tape set - Vol. 2/3 available for \$59.95 / Vol. 4 available for \$29.95



Kent Gardner's Story:

“...in view of the odds, I knew I wasn't going to do what the doctors had offered me.”

By Kent Gardner

Hi! My name is Kent Gardner. I was born December 24, 1953 in White Plains, New York. Now living in sunny Arizona.

Historically, mankind has always been down on what he's not up on. When it came to cancer, I was no exception. I had no knowledge of cancer at that time. That was over six years ago, when this new journey in my life began.

As a taxidermist, since 1967, I knew all about lions, tigers, and bears. I knew more about animals, less about the human body, including my own. I felt I didn't need to know. I was invincible! I rarely ever had a cold or flu, none of the diseases or afflictions that plague mankind.

I did not smoke, had an occasional drink, drugs was a four letter word. I thought I was fairly careful on what I put into my body, that I knew what was harmful. On the other end of the scale though, I knew nothing about nutrition. I would eat two to four apples a year, two to four oranges, and would never eat salad – I thought salads were rabbit food. If I ate some wheat bread I thought I was on a health kick. Looking back, I ate purely junk food, convenience foods, as I blazed through each day.

For ten years, while building my business, I worked 10 to 16 hours a day, eight days a week, as we couldn't do it all in seven days. We were two years back-

logged with eight full-time workers.

Today from my research in cancer, I have learned it takes about three to twenty years just to get a detectable tumor, using the three blind mice, cat scan, X-rays, or MRI. Poor diet is important to develop any degenerative disease, but it often isn't the whole problem. Poisons and toxins are also very damaging to our bodies.

My environment was a text-book case scenario. As a taxidermist I knew anything that is labeled as a preservative, has to kill what it preserves, including the taxidermist. In small amounts you kill molds, bacteria, fungus, souring. Larger doses are fatal. I worked with them all. Even salt, which is a four letter word that is killing Americans, was just one of the milder preservatives I used daily. Formaldehyde, lacquer thinner, fiberglass, urethane foams, paints, all sorts of chemicals, all part of the trade.

Slowly, over the years, I could feel something happening in my throat. At first I was just having to clear it now and then. After many years, I started having to clear it often enough that many people commented that I sounded like a smoker. But I never was a smoker. Later I found swallowing becoming a problem. If I breathed heavy I could hear a new sound coming from my neck and larynx area. For a long time I sensed, knew, something

wasn't right, but didn't really want to know what was wrong. Later I learned.

After 28 years of reading, studying the masters, in many fields, I knew the process of how to find whatever you are looking for. For the first time in my life, at the age of 37, I sought out the doctors for my answer. After the regular series of tests, the next step was a scheduled surgery, slit my neck open almost from ear to ear, remove as much as they could, chemo and/or radiation treatments. After the initial shock of hearing this, and not knowing otherwise at that time, I was ready to go with the flow.

Thank God, and Karmatically, I received the fact sheets on the survival rates of someone with my particular cancer. According to the National Cancer Institute, cancer of the esophagus and larynx is among the deadliest. Less than an eight percent, five year survival rate, after conventional surgery, chemo and radiation. It said nothing of the five year cure rates, or the ten year cure rates. I was furious, to say the least, and cancelled all further conventional methods. Because of the location of the tumor, and the procedures necessary to remove it and do a biopsy, I never received a biopsy report.

I didn't know at that time what I was going to do, but in view of the odds, I knew I wasn't going to do what the doctors had offered me.

Less than 30 days later, a friend, Patty, told me about a book, *"The Gerson Therapy"*. Another friend, Hal, a man of great credibility, had told her about it.

I bought the book, read it two times in less than 20 days, and decided, what do I have to lose. I was dying. The coffee enemas were a mental hurdle I had to overcome, but once I experienced one, I could feel a difference, and realized their importance.

The journey began, and over the next three weeks, I went through all kinds of experiences in my body that I'll never forget.

After about one and-a-half months, the swelling was way down, and whatever this almost golf-ball-sized tumor was, it was now dead. Reducing in size weekly, it was rotting in my throat. Frankly, it was hell! This thing now rotting in my neck produced a constant, horrible smell unlike anything I had ever experienced – even after 24 years as a taxidermist!

(Continued on next page)

Kent Gardner's Story... (Continued from previous page)

After about two and-a-half months, as I was locking my car to walk into a local hardware store, the tumor fluttered for about two seconds, then as I swallowed I felt it break free. I got into the store, feeling panicked, as I broke into profuse sweating and started losing consciousness. I fell to my knees in a series of convulsions, and I knew I was in trouble.

Later, I realized the tumor had fallen into my stomach, where it mixed with digestive juices, producing ammonia poisons. I should have tried to throw it up, but ego, and not being able to think clearly, didn't allow me to throw up publicly. To this day I don't remember or know how I recouped enough to make it back to my car and then drive home, which was a 20 minute ride. The next five days I was totally bed-ridden, three enemas a day, my wife helped me, doing all that was necessary. The toxic poison effects were manifold.

On the sixth day I was able to walk around. I have been walking on water ever since.

From that experience on, I have read all I could find on cancer, and I have done my homework. Six years and about 300 people with all kinds of health problems later, I am experientially educated far beyond my I.Q., concerning the human body and nutrition. "Knock and the door shall be opened unto you: seek and ye shall find."

Today there are no doors. All living cells and organisms on this planet need water, food, and air. It is the quality, not the quantity, that determines perfect health, or disease. Americans, as a nation, are grossly overfed, yet severely undernourished as far as what our bodies really need. You can't trash and pollute your body for a long time and expect to have perfect health.

Only through experience we learn: all life has its price. Thank you Max and Charlotte Gerson.

Sincerely,
Kent Gardner

When you make a donation to the Gerson Institute, you not only help us continue our life saving work - you may be giving someone the gift of life.

Fosamax®:

Dangers and side-effects of drug designed to rebuild bones after 50.

By Charlotte Gerson

Osteoporosis is a state wherein bone density has decreased to a level that can no longer support the body structure. It is most frequently found in post-menopausal women and causes hundreds of thousands of fractures every year as well as a high mortality rate. (*Current Medical Diagnosis and Treatment*, 36th Edition, edited by Lawrence M. Tierney, Jr.; Stephen J. McPhee, and Maxine A. Papadakis. Appleton & Lange; Stamford, CT, 1997.)

Our readers already found an article describing the false publicity given milk which supposedly reduces bone loss. (*Healing Newsletter*, Vol. 12, No. 3, 1997.) We also described the positive results of restoring calcium to the bones obtained with the Gerson Therapy. Unfortunately, we are not reaching enough members of the public and the large majority of post-menopausal women are still understandably fearful of the problem, therefore they are easy prey to ads for drugs which promise to halt and reverse the disease.

One such drug is FOSAMAX™. Recently, at the Gerson Wellness Center in Sedona, I was sitting in the common hall and picked up a copy of the *Smithsonian Magazine* of July '97. Leafing through it I noticed an ad featuring a middle-aged

woman claiming, with the use of FOS-AMAX, she continued to be able to do fairly strenuous exercise, such as boating. As is required, on the following page, in very small print, there is a description of the drug, instructions of how to take it, warnings and possible side-effects. These seemed serious indeed and it angered me that women are subject to such damage when the Gerson Therapy is safe and effective in overcoming the disease.

So, when a few hours later, it was time for me to do a lecture for the patients, I discussed the subject of drug side effects in general and gave as an example the problems that can result from using FOS-AMAX. The leaflet accompanying FOSAMAX describes the following side effects: "Some patients may develop severe digestive reactions including irritation, inflammation, or ulceration - occasionally with bleeding - of the esophagus. These reactions can cause chest pain, heartburn, difficulty or pain upon swallowing.... Less frequently reported side effects are: Nausea, heartburn, pain, vomiting, difficulty swallowing, a full bloated feeling, constipation, diarrhea and gas. Rarely, stomach or peptic ulcers (some severe) have occurred. Bone mus-

(Continued on next page)

Risk Factors Involved in the Development of Osteoporosis:

Your concerns about the possible development of Osteoporosis should not be reserved until it is too late. This chronic condition afflicts 1 woman in 4, and 1 man in 40, beginning when you are in your 40's and 50's. At these ages, levels of vitamin D3 in your body begin to drop, resulting in calcium malabsorption, which then stimulates bone resorption. Your bones go through constant cycles of resorption and formation, maintaining proper levels of calcium and phosphate. Osteoporosis occurs when resorption outpaces formation. A healthy diet, rich in vitamin and enzyme intake will help insure your body has all the essential building blocks for maintaining strong bones. It has been suggested that an intake of 1500-1750 mg of calcium per day will have a significant effect in slowing, or stopping bone loss. However, vitamin D should be taken to help promote calcium absorption. Certain medications with side-effects that can damage bone are often overlooked as contributing factors in the development of osteoporosis. Among some drugs which cause bone loss are, antacids containing aluminum, and excessive use of thyroid hormones. **Primary deciding factors in the development of osteoporosis are: Age, Gender, Race, Bone Structure & Body Weight, Menopause & Menstrual History, Lifestyle, Medications & Disease, and Family History.**

Fosamax...

(Continued from previous page)

cle or joint pain, headache or an altered sense of taste were also experienced by some patients. Rarely a rash has occurred. Allergic reactions such as hives, or rarely, swelling of the face, lips, tongue, and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth."

I talked to patients about the problem of prescription drugs mainly as a warning to read the leaflets and consider the side-effects before taking new drugs. Imagine my surprise when one of our patients speaks up and relates her experience with FOSAMAX.

Susan, a very active 57-year old, was concerned about bone loss and possible fractures. Her mother had extremely severe osteoporosis with spinal deformity and a humped back. Since Susan apparently inherited her mother's bone structure, her general practitioner, as well as her gynecologist concluded that the best course of treatment for her would be "a new drug with great promise of stopping further degeneration as well as recalcifying her bones." She was given FOSAMAX. It was to be taken under very specific conditions, on arising, with 6-8 ounces of water. Susan states that "she followed the directions to a 'T.'" She was not told of any side-effects.

After just 4 tablets (one each morning), she was experiencing chest pain by mid-afternoon which continued to increase through the early evening. These pains became so severe as to be debilitating. Her visiting friends feared that she might be suffering a heart attack. One of the visitors had recently experienced exactly the same symptoms in the course of developing a heart attack.

Susan guessed that her problems might well be caused by her new medication. However, her friends refused to let her pass it off and took her to the emergency room of a nearby hospital.

After a series of tests (total cost almost \$1,500) proving that she had no heart damage, the physician on call gave her a simple ant-acid. The relief was instantaneous and she was discharged. Needless to say, she discontinued the drug.

How The Gerson Therapy Saved My Life:

The healing story of Tom Powers, Jr.

By Tom Powers, Jr.

I really didn't think I was a candidate for cancer. For the previous ten years I had watched my diet carefully, eating mostly organic foods and balanced meals, avoiding the candy, sodas, and other junk foods I had favored as a teenager. I was a non-smoker. I lived and worked in a rural setting in upstate New York, a remarkably unspoiled, unpolluted part of the world. I was forty-two, loved my work, had been happily married for four years, and had a two-year-old daughter, plus three wonderful kids by a previous marriage - "everything to live for," as they say.

One day in March 1982, standing at the mirror shaving, I noticed a mole on my right temple. It wasn't very big, a little smaller than my little finger nail, and it didn't look particularly significant. Still, it hadn't been there before, so I mentioned it over the phone to my family physician. My description got an immediate response that I should have the mole removed and biopsied, right away. That surprised me somewhat, especially the sense of urgency. But no matter, I set up an appointment for April 22 at St. Francis Hospital in Lancaster, PA to get it taken off.

The surgeon who did the operation told me that most of these little lumps and bumps were benign, but if this one happened to be malignant, he would recommend further, more extensive surgery, followed by skin grafting. That was a little sobering, but I figured it was a standard pre-op speech, sort of like the life jacket instructions before taking a commercial airline flight. I let it go at that. Eight days later the lab report came back, and it was full of terms I couldn't understand, things like "compound nevus, cellular unrest, ballooning cytoplasmic change, scattered mitoses, junctional activity, and 'Clark level 4,' which would take on meaning only after I had been enlightened by the experts.

The bottom line of the report was clear



enough, though: "Malignant melanoma." I knew something about this form of cancer. Three friends of mine had died from melanoma, including one I helped nurse during the final stages of his illness.

So, what next? Further surgery? Before I had time to consider my options very fully, the symptoms of the disease changed. Within a few days the melanoma returned to the operation site. And then dark brown growths began to appear on my chest and left arm. Now we had a different situation to address: melanoma with distant metastases. We consulted four different doctors, whose recommendations varied, but who agreed that neither surgery, radiation, nor any known form of chemotherapy, alone or in combination, offered hope for a cure of this type of cancer at this stage in its development. In unvarnished terms, my situation was viewed as terminal.

At this point, my family began to look for any resource outside the range of standard orthodox medicine that might offer hope of a cure, and at the third inquiry they hit the jackpot. The Gerson Institute in California reported that the Gerson Therapy was highly successful as a treatment for this type of cancer. The fact that it had metastasized did not rule out the chances for success. The fact that I had not had radiation or chemotherapy was in my favor; it meant that my immune system had not been artificially suppressed and would respond better to this metabolic treatment plan - which

(Continued on next page)

Tom Powers, Jr. ... (Continued from previous page)

was based on (1) drinking large amounts of freshly squeezed fruit and vegetable juices (thirteen eight-ounce glasses a day); (2) elimination of sodium, animal protein, and most fats from the diet; (3) supplementation with potassium salts, thyroid, Lugol solution, pancreatic enzymes, Niacin, and vitamin B-12; and (4) detoxification by the use of coffee enemas.

On May 14, 1982, I began treatment on the Gerson Therapy. To my - and my family's - eternal gratitude, it worked. By July 1, all visible tumors were gone. I had no further surgery. I had no chemotherapy or radiation. When my family physician saw me next in September 1982, he was deeply impressed to find the disease in remission. I remained on the Gerson Therapy for twenty months. I have had no recurrence of the cancer in the fourteen years since.

I have stayed in touch with the Gerson Institute over the years and have frequently recommended the Gerson Therapy to other people with cancer. I personally know of a number of other Gerson recoveries, from conditions including melanoma, breast cancer, prostate cancer, bladder cancer, basal cell carcinoma, and one young lady who recovered from severe epilepsy as the result of a nine month stint on the Gerson Therapy.

From my own recovery experience, and close-up observations of a number of others who were on the therapy, I would offer a few suggestions for making life on the Gerson program go as smoothly as possible. First, a suggestion about basic approach; if you are going to do it at all, completely give yourself to this very doable and best of all metabolic cancer programs. So many of us are tempted to hedge our bets, especially in the early stages when we are not feeling so great - you know, thoughts like: should I really be doing Gerson? How about Kelley - or Manner - or Livingston - or macrobiotics, instead? Maybe I should have done that chemo I was scheduled for after all, etc., etc. It was very helpful for me to come to a decision to be a 100% Gerson person, to pick one therapy and stick with it all the way.

Suggestion number two: no dietary exceptions. I did the whole diet, all day, every day, 365 days a year. No off-the-diet

treats, ever - not on your birthday, Thanksgiving, Christmas, St. Swithins Day, or any other day you can think of for a "justified slip." When I got set in my mind in that stance, it made things nice and clear - and it had one interesting unanticipated side effect. On the big annual feast days, when the rest of the family was napping or tottering around sluggishly after the traditional turkey-stuffing-pie bash, I was the jolliest, most comfortable member of the clan.

Third suggestion: homeopathic medicine works wonderfully well as an adjunct to the Gerson Therapy. It does not interfere at all with the effectiveness of the program and is capable of providing major symptomatic relief and support. These remedies are now available in many health food stores. One excellent supplier is Biological Homeopathic Industries (BHI) in Albuquerque, NM.

Fourth suggestion: regular chiropractic adjustments helped greatly to relieve physical tensions and tightness that accompanied body detoxification as the Gerson Therapy did its healing work. It is important to find the right kind of chiropractor, one who is experienced, not too rough, and if possible one who is able to do cranial adjustments as well as working on the spine and neck.

Fifth suggestion: I made it a rule to avoid all unnecessary arguments, debates, and hassles, including minimizing my time in the company of people who lacked faith in the workability of the Gerson Therapy, or in my chances of making it. I was fortunate to be surrounded by family members and close friends who believed strongly in both the program and my outlook for success on it.

And last but not least: the Twelve Steps of Alcoholics Anonymous are not just for drunks. With their nonsectarian approach and their emphasis on "letting go and letting God," "one day at a time" and "easy does it," they are a great guide to serenity for anyone. They were my rule of life for the months I was on the therapy, and, as such, an absolute godsend and life saver. It has been my observation that any recovering cancer patient's chances of sticking the course on the therapy go up about 100% when these principles, or their equivalent, are incorporated as part of the total recovery program.



Tree of Life

The Gerson Institute is initiating a new program to honor or memorialize loved ones. Donors of \$100 or more who specify a "Tree of Life" tribute or memorial will be recognized in this publication and on a special display at the Gerson Institute offices. Gifts may be made by mail or by phone with a credit card or check.

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100% USDA Certified "Organic"?...

Growth, greed, and federal floundering in organic farming.

By Susan DeSimone

Organic food – It's not just for New-Age-granola-munchers anymore. Last year, the organic food industry pulled in \$3.5 billion in sales (compared to only \$173 million in 1980), with a 25% annual growth rate over the last three years.

It's clear that more and more consumers are demanding food grown without synthetic pesticides, chemical fertilizers and other additives. By supporting the organic industry, people are saying "yes" to farming techniques that benefit rather than harm the environment. Even though organic produce can cost considerably more than conventional produce, organic aficionados are willing to pay the difference, confident the food they consume is both safer and healthier.

The higher price of organic food seems to be an issue with many consumers. According to a recent *Consumer Reports* article entitled: "Greener Greens - The Truth about Organic Food," the authors concluded that, on average, the price of organic food is about 5% higher than conventional food. "But individual prices overlapped; the cheapest organic produce was a lot less expensive than the most expensive conventional produce in each category" [that was used for the study.]

Part of the reason for the higher cost of organic food is the fact that organic farmers use much more labor intensive techniques than conventional farmers who rely on synthetic pesticides and chemicals to fertilize plants and eradicate weeds. "Organic farmers control weeds and insects with techniques that have been around since the dawn of agriculture: crop rotation, cultivation, mulching, soil enrichment, and the encouragement of beneficials – predators and microorganisms that keep pests in check naturally," the *Consumer Reports* article explains. Organic crop yields are often not as high as those grown under non-organic conditions, and fewer farmers (only about 4%) follow organic guidelines and sustainable agriculture practices. The higher prices are a genuine reflection of the greater demands placed upon the

grower. Besides higher labor costs, "organic prices are sometimes higher because it's what the market will bear; people are simply willing to pay more for this type of food," as Willie Lockeretz, a Tufts University food-policy expert states in the *Consumer Reports* article.

Until now, the organic food industry has been self-regulated, and judging from the *Consumer Reports* findings, they have done a pretty darn good job. "Side-by-side tests of organic, green-labeled and conventional unlabeled produce found that organic foods had consistently minimal or non-existent pesticide residue. Most green-labeled produce also had less pesticide residue than conventional foods." [While *Consumer Reports* chose not to compare the nutritional value of organic produce with conventional produce, a 1993 study published in the *Journal of Applied Nutrition* did, revealing that organic foods were significantly lower in heavy metals (lead, mercury, cadmium and aluminum) while levels of beneficial trace minerals were roughly twice that of conventional produce. (Ref: Smith BL: "Organic Foods vs. Super-market Foods: Element Levels." *J Applied Nutr* 45:35-9, 1993.)

Despite the presence of unified certification laws, the *Consumer Reports* authors pointed out that the handful of state certified programs that are now in existence "have become fairly similar; for instance, all require farmers to forgo synthetic pesticides and fertilizers for three years before they can call their operations "organic." There has been only one major incident of known or suspected fraud in recent years, wherein a Minnesota food company repackaged conventional foods and sold them (at a premium price) as organic."

Consumer Reports noted that there is now a plethora of ambiguous labels popping up in supermarkets throughout the country. Two examples they found of such labeling include: 'Not Organic but No Sprays' and 'Biological Pest Control,' which is perhaps a reference to a genetically engineered product. Perhaps, but

who knows for sure?

Enter: the USDA, FDA and the EPA – armed and ready to save the day! Well, maybe not...

On December 15, 1997, the Department of Agriculture unveiled its long awaited proposal of Federal regulations on organic food. While many applauded the government's efforts to support "green" farming, with a little digging into the voluminous (600 page) document, it becomes clear that the USDA, FDA and EPA have taken it upon themselves to reinvent the definition of "organic," ostensibly to suit their own political agendas, and to help line the pockets of agribusiness conglomerates. Under these proposed regulations, food that has been irradiated, genetically engineered or grown on fields fertilized with toxic sewage may be sold to the public bearing the USDA official "organic" label.

Such allowances are a blatant slap in the face to the organic community, who, for the past eight years have worked hard to bring uniform, government regulated standards into fruition. The Federal government has also turned its back on the organic community's request to prohibit factory farming (the use of inhumane, intensive factory style production methods on farm animals).

Agribusiness executives are fully aware of the profit power behind the 'organic' label, and they are ready to pump it for all it's worth – even if it means deceiving

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USDA "Organic"...

(Continued from previous page)

the public. Unless WE the consumers put our collective foot down, the corporate interests will have their way. We must not allow big business to desecrate the sacred organic food industry! Organic farmers have sweat long and hard in their fields, dedicating their lives to providing the public with unadulterated, wholesome food. We must applaud and reward them for the efforts, and not allow their highly held principles to be trampled upon by a bunch of greedy corporate behemoths! Most importantly, we must protect the public health of consumers (like yourself) who may unknowingly purchase goods labeled falsely as - "organic." (Currently, only food that has been irradiated requires labeling).

Let your voices be heard!

Cruise on over to the information highway and peruse the proposed regulations for yourself, at:

www.ams.usda.gov/nop/rule.htm

Be sure to post your own comments as well. You'll have to fill out a quick registration form before being able to post your views, but it's all a very simple, worthwhile process - especially in view of the importance in making your voice heard.

The Clinton administration is fully "aware that the proposals fell short of what the organic food industry was seeking, notably the absence of rules governing the use of biotechnology, irradiation and sludge," notes New York Times' writer Marion Burros in a January 26, 1998 article. In her article a Clinton administration official (who chose to remain anonymous) was quoted as saying: "I think if there is enough public comment opposing the inclusion of these processes it will strengthen our hand in the final regulations."

The good news is that on January 19, 1998, the USDA announced they are extending the public comment period for the *National Organic Program* rules to May 1, 1998. So seize the day and get on that web page! For those of you who may not have access to a computer, please send comments to your Congressional Representatives and to President Clinton as well. Know that each of us CAN make a difference!

Professors...

(Continued from front cover)

tion among the Japanese people."

"In this book, I introduced Hospital Meridien in Mexico and the Gerson Wellness Center in Sedona."

The other professor of medicine who chose the Gerson Therapy for the treatment of her breast cancer, is well known to many Americans: Dr. Lorraine Day. We published her story in *Healing Newsletter* (Vol. 10 No.1, 1996), and also distribute her video tape, *Cancer Doesn't Scare Me Anymore!* through the mail-order service of the Gerson Institute.

Health News:

from a Gerson perspective...

Codex Update:

Home of CODEX protester burned to the ground - not giving up fight!

By Charlotte Gerson

In our last issue, Vol 13, No.1, we wrote about the loss of our health freedoms through the Codex Alimentarius (the Nutrition Code). In the January, 1998 issue of the Canadian Health Action magazine, I found a related story.

In September, 1997, Dr. Suzanne Harris, a Colorado lawyer, was invited to speak to Canadians about the loss of their health freedoms. Much of her discussion centered around her volumes of research collected from universities all over the world. This material demonstrated the underhanded actions of multi-national interests.

On November 29th, 1997, Suzanne and her husband were away in Denver. That day, their house and the accompanying radio station burned to the ground. Although authorities deny it was arson, there were suspicious circumstances. They not only suffered enormous losses of their uninsured home; but they also lost their six cats and one dog. Of course all the collected research that Suzanne needed to inform consumers of the impending loss of their health freedoms, went up in smoke.

Suzanne is not giving up. She is determined to make her submission to the FDA this month (January 1998) about Codex.

GERSON HEALING NEWSLETTER - PAGE 10

Health Freedoms Are On The March...

From *Choice*, Vol. XXIII, No. 2, Summer 1997

"Eight states in seven years is the tally, so far, for legislation which in one form or another either protects doctors from state punishment if they use safe "alternative" therapies and/or patient access in them.

This year alone, Colorado and Georgia have been added to the honors list, joining Alaska, Washington, Oregon, Oklahoma, North Carolina and New York (Arizona is not mentioned!) and entities where some kind of sweeping legislation has taken place - as well as a few other states where moves to protect specific therapies have been successful!

Much of the credit for helping win the campaigns, essentially a grass roots effort according to the editorial, is due to New York's Monica Miller, as well as to Project Cure's, Mike Evers. Mike and Monica are chiefly responsible for the growing success of the national movement for medical freedoms of choice, according to Michael Culbert.

Top Medical Journal Gives Apology to Readers:

By Brandon Finucan

In a recent issue of the *New England Journal of Medicine* an unfavorable, and unethical review was published, speaking against a book that claims chemicals in the environment are in fact responsible for an epidemic of cancers. What the journal didn't tell its readers, was that the author of this negative review was the medical director of W.R. Grace - a chemical company accused of dangerously polluting the environment.

Speaking with the Associated Press, the journal's editor-in-chief, Dr. Jerome P. Kassirer stated, "We should have recognized that W.R. Grace has a conflict of interest, but unfortunately the person who handled it didn't recognize that."

In two recent issues of our *Healing Newsletter* (Vol. 12, No. 5, 1997 & Vol. 13, No. 1, 1998) we published in-depth articles on the toxic, environmental and health dangers of chemical pesticides. The facts presented in these articles are most likely the same ones the author of NEJM's review

(Continued on next page)

tried to discredit.

The AP article goes on to say that, "In 1989, an article in the *Journal* downplayed the dangers of asbestos but didn't inform its readers that the author had ties to the asbestos industry."

"After that, the journal changed its policy to refuse reviews or editorials whose authors were connected to firms with a financial interest in the topic."

"But last year, the journal ran an editorial claiming that the benefits of diet drugs outweigh the risks. It failed to note that the authors were paid consultants for companies that made or marketed one of those drugs, Redux - recently pulled off the shelves due to safety woes."

In its closing paragraph, the article mentions, "In a book and upcoming movie *'A Civil Action'*, W.R. Grace is blamed for polluting the drinking water of a Boston suburb, sickening several children."

[Reference: Associated Press, 1997]



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