



GERSON™ HEALING NEWSLETTER

Volume 13, Number 6

November - December, 1998

Happy Holidays!

See page 9 for our
Healthy Holiday Recipes.

22 Year Old Fights Colon Cancer with Confidence:

"Fourteen weeks and lots of flare-ups later, I am on the 'tweaked for chemo patients' regime and feel fully confident about my future."

By Nicola Williams

In early August, I received a lovely letter from a Gerson patient. Because it is particularly happy and encouraging I felt that our members and readers would enjoy sharing it. I asked Nicola whether she would allow me to also publish her name and address so that other patients could talk to her. She generously answered that, "if my letter is able to bring encouragement and hope to just one person - it would be a blessing." Her latest news is dated August 31st, 1998. Here is the letter:

"Dear Charlotte,
I felt it is now about time I set aside all good intentions, put pen to paper and express to you how much hope and comfort the results of your family's hard work and research have brought into my life.

"Last year at the ripe old age of twenty-two, I was diagnosed with carcinoma
(Continued on next page "22 Year...")

Potassium In Your Day Keeps the Doctor Away

Gerson's methods confirmed again!

By Charlotte Gerson

In late September, the media (radio and TV) carried a news item: it has been found that bananas will help to prevent strokes. The reason was given as their high potassium content. This mineral will help to lower blood pressure, reducing the danger that blood vessels could burst, causing a stroke. An additional item was of particular interest: the news item included the statement that artificial potassium does not have the same effect as that contained in fresh produce!

As we have pointed out from time to time, very slowly most of Dr. Gerson's ideas and treatment methods are being confirmed. Of course the Gerson Therapy is extremely high in natural potassium, contained in all

fruit and vegetables. Dr. Gerson also found it essential to add considerable amounts of potassium to the diet in order to restore the depleted potassium levels in the sick patients. Naturally, the Therapy will reduce blood pressure and prevent strokes. Interestingly, in combination with the fresh fruit and vegetable potassium, the 'artificial' potassium of the Gerson Therapy given in the form of the potassium compound added to the regular fresh vegetable juices, does have the desired effect.

In addition to preventing strokes, as our readers know, the high potassium Gerson Therapy helps restore the immune system, the enzyme system
(Continued on next page "Potassium...")

In This Issue

- | | |
|--|--|
| <p>1 Potassium In Your Day...
Gerson's methods confirmed again!</p> <p>1 22 Year Old Fights Colon Cancer</p> <p>3 Frances Carroll
Recovering from breast cancer after chemo.</p> <p>4 From the Journals...
Excerpts from various "establishment" sources.</p> <p>5 Doctor Max Re-published in Italy</p> <p>6 Eating Good is Good For You!
Conventional medicine discovers the obvious in Phytochemicals.</p> | <p>8 Coffee & Carrots
Noted articles from support group newsletter.</p> <p>9 HOLIDAY RECIPES:
From Marisol Zuniga (Chef at Hospital Meridien) and <i>Coffee and Carrots</i>.</p> <p>10 Gerson Classifieds:
An excellent way to reach another Gerson Person with your message!</p> <p>10 Health News</p> <p>11 Gerson Institute Supporters</p> <p>12 Lecture & Seminar Schedule</p> |
|--|--|

GERSON
HEALING
NEWSLETTER

Volume 13, Number 6, Nov. - Dec., 1998
© Copyright 1998, The Gerson Institute.

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

Gerson Institute

www.gerson.org * 619-685-5353
PO BOX 161358 * San Diego, CA 92176

www.gerson.org

The Gerson Healing Newsletter is published on a bi-monthly schedule (6 times per year) by the Gerson Institute. It is our membership lifeline, and is intended to keep our members and the public informed of various health issues. See our "Membership Registration" form on page 11 to become a member and receive each issue of the Gerson Healing Newsletter (or visit our web-site at the address given above.)

The Gerson Institute is a Proud Member of:



patients' regime and feel fully confident about my future. As I read and research more about the Gerson therapy, my conviction of its validity increases.

"As well as physically taking charge of my life, I appreciate fully the importance of one's emotional side and the connection between one's physical and emotional being. I have phone consultations at present with Beata Bishop - who is absolutely wonderful in all aspects of the word.

"I continue to be constantly amazed and disappointed with the attitude of my friends, family and medical practitioners when they learn that I am fully committed to the Gerson Therapy. Many perceive me as being 'mad'; and that's fine with me. I'd rather be mad and alive than sane and dead. If I'm crazy for taking full advantage of a therapy that offers me life, then yes, I am totally guilty.

"I have just concluded *Doctor Max* by Giuliano Dego. I found it to be a frank and well researched and very well written novel. You must feel very proud of your father. Dr. Max was a remarkable man. I am continually amazed by his strength of character and the way in which he passionately fought against ignorance, prejudice and conspiracy to offer people like myself the chance to live.

"I am determined to get well more than ever now because I have to testify about the Gerson Therapy. I know I have a long road ahead ... it won't be easy but life is a great motivator. One day, everyone will have to accept the Gerson Therapy in its entirety. What a day that will be! As a member of the younger generation, I may eventually witness progress, however small or limited it may be. I look forward to being cancer-free.

"There are many people like myself, Charlotte, behind you and supporting you 100%. If there is anything I can do, please don't hesitate to contact me. Lots of love from Wales and positive thoughts. All my love to you fellow Gerson persons." ■

Nicola Williams
45, St. Leger Cres.
St. Thomas, Swansea
West Glam, Wales SA18ET
UNITED KINGDOM

"Potassium in Your Day..."

(Continued from front cover)

(which helps dissolve plaque from the arteries) and the mineral balances. Simply stated: potassium is a very important factor in restoring health.

I do take exception to the above news report zeroing in on bananas. True, these are very high in potassium. However, they are also very high in sugars and could cause problems in hypoglycemic patients, diabetics and even cancer patients. Most other fruit, particularly apples, are more valuable than bananas and cause no untoward effects. During the summer months, cherries, apricots, peaches, plums and nectarines are also especially recommended partly due to their high potassium content.

A word of warning: certain food items, i.e. pepper seeds and coffee beans, are also very high in potassium. However, they contain damaging ingredients as well and should certainly not be consumed for the sake of their potassium content alone. ■

***Every Good Deed
Has Its Reward.***

Save on your income taxes
by making a donation to
the Gerson Institute.

"22 Year Old Fights..."

(Continued from front cover)

of the colon with mets on my spine and stomach, etc. [She doesn't specify where else.] Unfortunately, 'conditioning' permitted me to opt for conventional treatment (chemo), and although some progress was made my prognosis did not look very bright.

"In March of this year my specialist offered me my only 'so-called' chance of a longer life: an operation to remove part of my colon and stomach. Alarm bells rang in my head immediately and although my knowledge of medical procedures was limited, I knew I had to abandon that barbaric practice of treating disease with deadly drugs. I realized I was participating in destroying my own body.

"So, at the end of March, I found myself in limbo and totally independent of treatment as I embarked on a search for a real source of light and hope.

"A friend handed me a wonderful gift of 'Light' two weeks later in the form of Beata Bishop's book, "A Time to Heal". From the moment I turned the first page, I was transfixed - suddenly everything made sense! I questioned lots of issues, especially the reasons why I had not been offered this remarkable therapy at the time of my diagnosis.

"Without wasting further time, I met with Dr. Charles Innes in London, weaned myself off morphine and started the Gerson Therapy immediately.

"Fourteen weeks and lots of flare-ups later, I am on the 'tweaked for chemo

Frances Carroll

Recovering from breast cancer after chemo.

By Charlotte Gerson



Last week, I received a charming note from a former patient, Frances Carroll. She writes that she is improving, healing and that her latest medical reports are good.

Frances Carroll had a mammogram followed by an ultrasound in 1996 in Stockport, near Manchester. To complete the diagnosis, she had a needle biopsy that showed an infiltrating carcinoma measuring 2.5 cm. In the course of the subsequent mastectomy, 15 lymph nodes were removed. 14 of these proved to be malignant. X-rays also showed spreading to her lungs.

Her doctors ordered chemotherapy and a "12 treatments" protocol was initiated. In the course of the chemo treatments, Frances became so ill with unbearable nausea and vomiting, that it would continue throughout the night. She could neither sleep nor eat she says, "I couldn't tell you the horror of it." Of course, she also lost her hair. The chemo treatments seriously reduced her white blood count, causing her extreme neutropenia (lack of white blood cells, neutrophils). Since these cells are an important part of the immune system, their suppression caused her severe infections following each chemo treatment, requiring her to be admitted to the hospital after each treatment to control these infections. This situation became crit-

ical and the doctors had to stop the chemo treatments after Frances had received 9 of the proposed 12.

Her lungs were not improved but she was sent home and no further treatment was available.

Upon visiting the Bristol Cancer Help Centre, Frances was introduced to holistic healing and had her first chance to see one of the Gerson video's. Some months later, she met a woman who was a recovering Gerson patient. The woman told Frances more about the Gerson Therapy and the clinic in Mexico that provided it. In March of 1997, Frances arrived in Mexico. She felt immediately that "the Gerson Hospital was a place of healing." But for her, detoxification was not easy. She had severe reactions, a lot of nausea and still some vomiting. It took her many months to overcome the damage done by the chemo, and she also had the typical 6-month chemo reaction that we see in most patients who have received chemo. It took about 8-9 months before she really felt better. At that time, her friends said she looked so much better. Although still struggling with nausea, she couldn't believe the transformation. Her X-rays had immediately shown improvement and there was no further growth. She also felt that "spiritually and emotionally

she was doing the right thing." The reactions were still coming and in her words it felt as though she "was going through a storm many times, with periods of calm." Frances reports that "now, my skin is beautiful, my memory is improved, my hair has beautiful texture without conditioner." She had a fungal infection of her big toenail after the chemo. Over a period of months on the Gerson Therapy, that area grew out and she has a normal nail again. She "felt this was an indication that her immune system was improving." Also, the varicose veins in her left leg are coming down. During the 6-month reaction, her skin was gray and she was again vomiting violently with nausea so severe it kept her from sleeping, very similar to what she experienced immediately after receiving chemotherapy.

The 6-month reaction, in her case seemed like a flu bug, but she felt she had reached the turning point. Her outlook became so much more positive. "The Gerson Therapy not only heals mankind but heals the environment." Her favorite quote is "The Earth feeds those as a mother feeds her children."

Frances is not yet 'recovered'. She is about 16 months into the treatment and still has reactions - is still healing. We are reporting her story because we are frequently asked if we have recovered patients with breast cancer who had been treated with chemo. We do tell such patients that it takes longer to recover after chemo - but with perseverance, it is entirely possible. ■

From the Journals...

Excerpts from various "establishment" sources

Commentary By Charlotte Gerson

Infusing Chemo Drugs in Colorectal Cancer

In the August 19th *Journal of the American Medical Association* (JAMA), there was a rather short article taken from the *Lancet*, a highly respected British medical journal. This is of special interest because of the report by Professor Dr. Hoshino (of the Fukushima Medical School in Japan) published in our last Newsletter, Vol. 13, No. 5. As you will recall, Prof. Hoshino suffered from colon cancer with liver metastases and treated himself with the Gerson Therapy (no chemotherapy). Now, after almost 6 years, he is not only fully recovered but has helped 12 patients to recover on the Gerson Therapy. He wrote a book (in Japanese) describing his recovery with the therapy and the 12 additionally treated cases. The *Lancet* article describes intravenous infusions, into the portal vein, of chemotherapy (5 FU plus heparin) after surgery for colon cancer. 616 patients received the chemotherapy while 619 patients were used as controls (did not receive chemo). The results were: 164 (26%) of the control group and 173 (28%) of the treated group died. There is no statement as to the time elapsed from the start of the experiment to their death. Survival at 5 years did not differ significantly among the two groups (73% vs. 72%). The number of patients with liver metastases also did not differ significantly (79% vs. 77%). The interesting point is the 'Interpretation': '5FU at the dose given cannot be recommended as the only adjuvant (in addition to surgery) treatment for colorectal cancer.' The *Lancet* concludes that the results could be better if a higher dose is administered, in addition to possibly a second chemo drug: mitomycin. We have seen the unfortunate results when one drug is not very effective and a higher

dose is administered or a second drug is added. We are surprised that the medical community is still pushing in that direction.

Scarce Available Treatment for Drug Addiction in Adolescents

In the same issue of the JAMA, an article appears under the heading Adolescents and Illicit Drug Use. We are all painfully aware of this problem. However after the description by the JAMA authors, the heading under "Treatment" was of interest. As many of our readers know, we have seen some remarkable and rapid results in the treatment and clearing of drug addiction by the Gerson Therapy with minimal or no withdrawal symptoms. We were fortunate to be able to demonstrate one such recovered patient in the course of the Cancer Control Society Convention over the past Labor Day in Pasadena, California. While the Gerson Therapy seems to be able to deal with this problem quite readily, the JAMA authors write: "Once a drug use problem is identified, treatment resources for adolescents are alarmingly scarce. Substance abuse treatment of adolescents requires a broadened scope of services, including family interventions, mental health care, remedial education, vocational habilitation and community outreach."

Prevention of Breast Cancer and Hormone Treatment of Postmenopausal Problems

There are also many reports in the media about the preventive administration of Tamoxifen as well as the use of Estrogen plus Progesterin to treat osteoporosis in postmenopausal women. It has long been established

that the use of Estrogen (Premarin) is not without serious danger - namely it increases the chance of developing sex organ (uterus, ovaries, breast and cervix) related cancer by 7-10 times. There have been many articles pro and con Estrogen supplementation. Studies indicate that with the addition of Progesterin, the danger is reduced. In order to make these drugs more acceptable, there is now an additional argument: It helps to reduce heart disease in post-menopausal women. The article in the JAMA describing the treatment, concludes: During a period of 4.1 years of use of Estrogen plus Progesterin, no reduction of heart disease was noted. On the other hand, the treatment increased the occurrence of blood clots (thromboses) by three times, and caused an increase in gall-bladder disease. However, it appears that after some 3-4 years of using these drugs, the danger of blood clots decreases. There is no mention of the dangers of developing cancer of the sex organs. Our comments, again, are quite simple: the Gerson Therapy has not only successfully prevented or arrested, but reversed osteoporosis, menopause problems and heart disease. We feel very strongly that it is not necessary to expose women to the dangers of drug therapy to manage menopause problems.

Tamoxifen

The public, especially women around the menopause years (50-55) who are suffering from breast cancer are more and more subjected to treatment with Tamoxifen (Trade name: Nolvadex) This drug has been on the market for about 20 years. Its specific action is to interfere with the effect of estrogen. It is assumed that estrogen binds to breast cancer cells and stimulates them to grow and divide. Tamoxifen seems to prevent this binding and thus slows the growth of breast cancer cells. Like all drugs, Tamoxifen also has side effects: the most common one is hot flashes. It can also induce menopause, vaginal dryness, fluid retention, irregular periods and weight gain. In addition, there is an

(Continued on page 5 "Journals...")

Doctor Max Re-published By One of Italy's Leading Publishers.

by Peggy Straus



Max Gerson, M.D. (1881-1959)

We have just received the wonderful news that Giuliano DeGo's novel, *Doctor Max*, an exciting adventure story built around the true life and times of Dr. Max Gerson (see special offer in this issue of the *Healing Newsletter*) has been accepted for publication by Italy's publishing giant, Rizzoli. The publisher will release the book in their prestigious paper-back collection, *Biblioteca Universale Rissoli (BUR)*, the equivalent of Penguin books. It is a rare honor for a book to erupt directly onto the mass market in paperback, and this is certainly going to put Dr. Gerson and his therapy firmly on the map in that country. In the meanwhile, *Doctor Max* is still appearing in installments in a major newspaper and will continue to do so until its publication in book form. Our best wishes and congratulations to Dr. DeGo for this excellent news. ■

"From the Journals"

(Continued from page 4)

increased risk of developing cataracts. The most serious risk is that it increases the likelihood of developing uterine cancer.

A study published in the *Journal of the National Cancer Institutes*, 88:1529-42, (1996) and reproduced on the internet, gives details on the use of Tamoxifen in breast cancer patients. With an initial group of 1404 patients on the drug and about the same number on placebos, the 5 year study mentioned that only 321 patients receiving the drug were disease free - leading to the premise that the rest had died. This was not mentioned nor was there any mention of the number of patients living. No numbers were given for women who remained on the study for 10 years, only percentages showing a slight advantage for those receiving Tamoxifen. The article stated that endometrial cancers were the only secondary malignancies that developed. At ten years of Tamoxifen therapy, 94% survived while 96% of those who received placebos survived. The treated patients also had an increased number of "thromboembolic events"

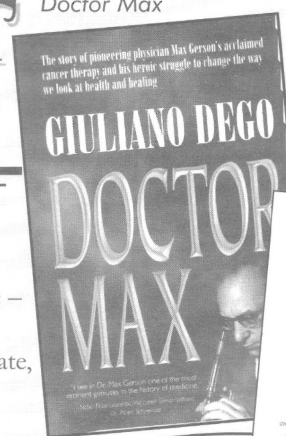
(blood clots blocking veins, phlebitis) A number of reports are now coming out of "establishment" research on the subject of the substance 'genistein', found in soybeans and which apparently "resembles estrogen and tamoxifen in structure". It is assumed that, genistein discourages tumor growth by blocking estrogen receptors. One supporting argument is that Asian women who eat large amounts of soy suffer from breast cancer less than American women. Looking back at our report on Soy Products (*Gerson Healing Newsletter* Vol.11, No.5) there could be entirely different reasons. It is possible that soy blocks the uptake of nutrients in U.S. women who also eat a very different diet from Chinese and Japanese women. The soy products produced in Asia have different compounds from those manufactured in the U.S. I feel that the above assumptions are unsound and probably quite inaccurate.

Some Deadly Drugs Approved by the FDA

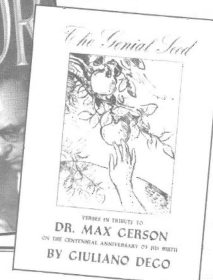
The article below was written by Mike
(Continued on page 8 "Journals...")

GERSON INSTITUTE HOLIDAY GIFT SPECIAL

Get *The Genial Seed* free from now until Jan. 1st, 1999 when you order the acclaimed biographical novel, *Doctor Max*



ONLY
\$15.95
(plus shipping)



"Of alchemy, the medicine of State,
of turning chemicals to gold I sing;
of days when men think cancer is their fate -
and once they have it, cannot do a thing.
In wars we've burned men live upon the grate,
in peace they do it in the x-ray wing.
Ye tinsel insects, whom the people pay,
the wing of Truth will brush your webs away!"

Excerpt from *The Genial Seed*, verses in tribute to Dr. Max Gerson, written by Giuliano DeGo (author of *Doctor Max*).

Order *Doctor Max* now and
receive *The Genial Seed* free!

Orders in U.S., Canada & Mexico please include \$4 shipping / Overseas please include \$7

Call now to order a copy for yourself, or give one as a gift to a friend or loved one this holiday season. (619) 585-7600.

Eating Good is Good for You!

Conventional medicine discovers the obvious in Phytochemicals.

By Susan DeSimone

It's no big secret that vegetables are "good for you," and if you are reading this newsletter, chances are you understand the important role nutrition plays in our lives more than others do. You may not be so aware that scientists are now focusing research on specific compounds in fruits and vegetables they have dubbed "phytochemicals." Recent studies have revealed that these substances, which occur naturally and are found abundantly in fruits and vegetables, "may prevent, subdue, and even obliterate cancerous cells at several stages of development," according to author Jay Solomon in his book, *Seven Pillars of Health*.

So far, well over a hundred phytochemicals have been identified. These compounds are known to protect plants from the ravages of Mother Nature, "such as the glare of a hot sun, the withering wind, air pollution, or dehydration. Other phytochemicals help plants defend against insects,

bugs, bacterial disease, viruses and fungi," says Solomon. Phytochemicals can also work their magic on humans as well - protecting us against environmental hazards and disease. Scientists from around the world have been busy confirming what many in the alternative medicine corner have been espousing for decades: food is good medicine.

Dr. Dan Dixon, director of Cancer Prevention at the Medical University of South Carolina puts his faith in raspberries. Raspberries (as well as strawberries, grapes and apples) contain high levels of ellagic acid. "This chemical - group of chemicals - and a lot of similar ones induce a process of normal cell death," explained Dr. Dixon on a segment of National Public Radio's *Morning Edition* (aired on July 10, 1998). "Cancer cells forget how to die - they just grow and grow and grow. It seems, interestingly enough, that a number of these plant related chemicals can reinstitute in the

cancer cell the ability to die a normal death," said Dixon. "It doesn't kill them by poisoning them like some of the chemotherapeutic drugs do - it kills them by allowing them to die normally." Dixon is currently conducting tests on colon cells after his subjects have ingested raspberries. "Eventually he is hoping plant chemicals can be enlisted as a nutritional tool against cancer," reported Rebecca Perl.

In the same broadcast, Dr. Paul Callolay, Professor of Pharmacology and Molecular Science at Johns Hopkins University expressed his feelings about cancer that echo those of Dr. Gerson's: "I think that we've come to the realization that we may have misjudged the nature of the enemy," he admitted. Callolay has been focusing on the twenty year period in which a normal cell turns malignant, rather than wait until one has been diagnosed with cancer and THEN attempt a cure. "It is during this time that he

Phytochemical:	Found In:	Important For:
Allium Compound	Garlic, onions, leeks, chives and shallots	Proper function of the cardiovascular and immune systems.
Chlorophyll and Carotenoids	All dark green and orange vegetables	Protection of cells and inhibiting production of cancer, killing germs, and acting as a wound healer.
Chlorogenic Acid and Coumarins	Tomatoes, sweet green peppers and carrots	Preventing the formation of cancer-causing nitrosamines in the gut.
Flavonoids	All plants	Inhibiting cancer cells from spreading
Ellagic Acid	Grapes, strawberries, raspberries and apples	Neutralizing carcinogens before damage occurs.
Isothiocyanates and Indoles	Broccoli, Brussels sprouts, cabbage, cauliflower, cress, kale, horseradish, mustard, radish and turnip	Preventing some forms of cancer (especially colon cancer) by deactivating carcinogens.
Lutein	Dark leafy green vegetables	Protecting the retina from harmful free radicals, delaying or preventing the onset of blindness.

says fruits and vegetables can play a critical role as a cancer protector. He has zeroed in on a plant chemical called sulforaphane which boosts the activity of enzymes in the body whose sole job is to detoxify cancer causing and otherwise harmful chemicals. Broccoli is rich in sulforaphane, but recently Callolay found an even better source," stated Perl. "We made a surprising and totally unexpected discovery that young sprouts of broccoli, three days old, grown from seeds and treated with only light and water contain 30-50 times higher concentrations of sulforaphane than an average broccoli (sic)," explained Callolay. What this translates to is that the amount of the chemical in one ounce of broccoli sprouts is equivalent to the level of sulforaphane found in one and a quarter pounds of mature broccoli. Perl reported that "broccoli sprouts guaranteed to contain this rich sulforaphane load have recently gone on sale in the Chicago area, and are expected to be at grocery stores near you soon." Perl was careful to point out that while Callolay believes that a vegetable that is rich in phytochemicals may be an important supplement and may reduce the risk of cancer, it doesn't replace a healthy diet.

Even the National Cancer Institute has conceded that recent develop-

ments surrounding phytochemicals warrant further study (The NCI is the cancer research foundation funded by the federal government). The San Diego Union-Tribune reported earlier this year that the University of California at San Diego (UCSD) received a \$13.3 million grant from the NCI. This grant was "the largest of its kind in campus history - to see if an intense diet of vegetables and fruit can prevent recurrence of breast cancer in women who have survived the disease." Officials at the NCI emphasize that nutrition can be used as a means of preventing cancer and/or as an adjunct treatment to conventional cancer therapy.

The idea for the UCSD research project, the Women's Healthy Eating and Living Study was prompted by an initial grant five years ago from Walmart heirs John and Christy Walton. Their son was treated at UCSD for cancer of the kidney, but later suffered a terrible recurrence, spreading to his lungs. "His prognosis was quite bad," John Walton said. After looking at their options, they noticed a lot of what he called 'folklore' suggesting diet might help. They decided to try a low-fat diet of fruit, vegetables and juices, and "after five and a half months, the tumor he had relapsed with was gone. It just went away."

The Waltons gave UCSD \$5 million to see if certain types of food, rather than vitamins or diet supplements, decreased cancer risk. "We realized that at the very least it was time for a scientific evaluation of the potential role of diet and cancer so people didn't have to rely on folklore, rumor and hearsay," Walton said.

Thanks to consumer demand, the National Institutes of Health have finally started to acknowledge that natural medicine is no longer something to be ridiculed by conventional medical professionals.

"If you were talking about researching something that was nutritionally based, the grant reviewers saw it as 'alternative' and they'd chuckle that it was just 'fruit and nuts' and didn't give it much thought," said WHEL director, Dr. Vicky Jones in the San-Diego Tribune article.

The NCI's budget for research on diet and nutrition has grown to \$150 million in 1998 from \$30 million in 1982. "It's still not a huge portion of the institute's more than \$2 billion annual budget, but we are increasing our emphasis, especially as we get good leads." - Will wonders never cease! ■

Chart Source: *The Complete Illustrated Guide to Natural Healing* by Denise Mortimore, with additional information from *Seven Pillars of Health* by Jay Solomon.

Phytochemical:

Found In:

Important For:

Lycopene	The red pigment in tomatoes (richest source is cooked tomatoes)	Inhibiting the growth of cancer cells in breast, lung, endometrial, and prostate cancer.
Lignans	Fibrous vegetables (especially carrots)	Normalizing estrogen activity.
Quercetin	Red & yellow onions, shallots, broccoli, grapes and Italian squash	Helping to block cancer cells from developing. Strengthening capillaries and improving circulation. Also effective in treating allergies and inflammatory disorders.
Saponins	Mexican yams	Stimulating adrenal glands, and the production of progesterone and sex hormones.
Resveratrol	Grapes	Inhibiting the initiation and/or growth of tumors and possibly returning precancerous cells to a normal state, lowering LDL (bad cholesterol).
Sulforaphane	Broccoli, cauliflower, kale, brussels sprouts and turnips	Helps to boost the production of anti-cancer enzymes.

"From the Journals"

(Continued from page 5)

Culbert and published in the magazine, *The Choice*, the journal of Freedom of Choice in Medicine. Mr. Culbert has graciously given me permission to freely quote and use the information he reported:

Everybody is following the story of Viagra, trade name by Pfizer for their "sildenafil". At \$10 per tablet, it is expected to earn Pfizer a billion during the first year. It was approved by the FDA (Food and Drug Administration), which allows the public to assume that it is "safe and effective". In the meantime, Mike Culbert reports that "between September 1997 and spring of 1998, the FDA had to remove from the shelves five drugs it had already approved."

Duracet, "a painkiller, was linked to liver failure, including four deaths and four liver transplants". A drug to reduce blood pressure, "Posicor", was withdrawn after it was "associated" with 400 injuries and 24 deaths due to its interaction with other drugs. Our readers already know about Phen-fen's dangers (See our Newsletter Vol. 12, No. 6). This reducing drug damaged hearts and had to be withdrawn - as was the antihistamine drug, "Seldane" which had deadly interactions with many other drugs.

Back to Viagra: By July 1998, there were 77 deaths reported from this drug, (39 confirmed in the USA). Warnings had been given about dangers from this drug to men suffering from heart problems requiring nitrate/nitrite-containing medications. Men either didn't read the warnings or didn't believe them. Other men died from the strenuous effects of the sex act. Still others complain of ocular problems leading to warnings by ophthalmologists and in one case, to a lawsuit against Pfizer.

Will heavy complaints against the FDA only cause more severe controls? Will it come to the point where Viagra will be banned from the market by the FDA? Time will tell.

The FDA has a sad history, as stated in Mike Culbert's book, *Medical Armageddon* (San Diego: C & C

(Continued on page 9 "Journals...")

Coffee & Carrots

Noted articles from support group newsletter.

Selected by Charlotte Gerson

The Substance Called Sugar:

Sugar is a basic element in starchy food, however processed sugar is a completely different matter. The sugar we purchase in the supermarket for personal consumption is processed sugar. This kind of sugar is heated up in chalk-milk, so that calcium and protein are extracted. [After this process] it becomes alkaloid, destroying all vitamin content. In the second phase the sugar is mixed with acid chalk, carbonic gas, sulphur dioxide and finally with natrium bicarbonate. The mixture is cooked and cooled off several times and thereafter crystallized and centrifuged.

This dead mass is then treated with strontium hydroxide. Subsequently it arrives at the refinery where it is passed over chalk carbon acid to clean it. Dark coloring is removed by adding sulphuric acid and then it is filtered with bone charcoal. Finally, it is colored with Indathrenblue or the highly toxic Ultramarine.

This product's chemical composition is $C_{12}H_{22}O_{11}$ which you can buy in shops as "pure cane" sugar, sugar cubes, sweets, etc. This product called SUGAR has an atomic density of 98.4% to 99.5%. Such density falls under the category of POISON.

(You have been warned!) ■

Coeliacs Can Have Their Oats and Eat Them Too!

Research from Finland reports that coeliacs can safely eat oats. 52 adults with coeliac disease in remission and 40 adults with the newly diagnosed disease, ate 50-70g oats per day (control participants received the normal gluten-free products). Duodenal biopsy specimens were taken before and after the experiment and at the end of the trial, no difference could be observed in nutritional status or symptoms between the oat and the gluten-free group. ■

The Gerson Support Group in England is an independent organization that makes information about the Gerson Therapy available to those in need who are in Europe. They can be contacted as follows:

Gerson Support Group
c/o; Lesley Pearce
P.O. Box 74
Leatherhead, Surrey
KT22 7YD
England

<http://www.websolve.co.uk/gerson/>

Click here!

www.gerson.org

Searchable Newsletter Articles • FAQ's • Case Histories • and much more...

Visit us today!

"From the Journals"

(Continued from page 8)

Communications, 1997) in "approving dangerous drugs which later have to be recalled, while blocking useful medications, those developed from natural sources". Mr. Culbert feels that these activities could cause the FDA to approach the accusation of approving genocide.

More FDA "Approved" drugs that later had to be withdrawn:

Orablix caused kidney damage and death.

MER/29 provoked cataracts.

Methaqualone stimulated psychiatric disturbances which led to 360 deaths through murder and suicide.

DES caused cancers in females whose mothers had taken the drug during pregnancies (Even at this time, drug companies are still paying awards to victims of this FDA approved drug.)

Enkaid caused higher death risks among patients with irregular heartbeats.

Aldactone and **Flagyl** (Flagyl is still on the market and can be used responsibly) were correlated with cancer in animals. It was found that large drug companies obtained FDA approval partially with fraudulent data.

Phenformin, a diabetic drug, was taken off the market by Ciba Geigy after it was linked to about 1000 deaths annually.

Phenacetin, a pain killer, was taken off the market when it turned out that it caused kidney blockage, destruction, and tumors.

Chloromycetin was prescribed to about 4 million people a year for acne, sore throat, colds, typhoid, etc. despite evidence that this very profitable drug by Parke-Davis could kill by inducing aplastic anemia. It was pulled in 1969.

Clofibrate, supposedly a heart remedy, was widely prescribed for some 13 years. It was finally withdrawn in 1981 when it was shown that men who took the drug had a 25% increased chance to die of cancer, stroke, respiratory disease and heart attacks!

The picture is dismal but worsens with the realization that the FDA will suppress herbs, vitamins, mineral and enzyme supplements, amino acids, EDTA, laetrile, Gerovital etc. All of these are generally safe and have caused few if any deaths. ■

HEALTHY HOLIDAY RECIPES

The following recipes have come to us from two sources: the kitchen at Hospital Meridien (Marisol Zuniga, supplied the * marked ones) and from the Gerson Support Group, England. We hope you enjoy them in your holiday feasts, and on many other days.

SWEET RICE*

1 1/2 cups organic brown rice
4 cups water
1 cup organic brown sugar (Sucanat)
1 cup organic raisins

Wash the rice and put into the pot with water. Once the water begins to boil, add the sugar and raisins and reduce the heat. Maintain on low heat until the rice is tender.

FRENCH FRIES* AND KETCHUP*

French Fries:
8 Medium Potatoes

Wash and cut potatoes into cubed strips. Place strips evenly on ungreased cookie sheet or simply on oven rack until browned.

Ketchup:
3 tomatoes
1/2 head of garlic
1/2 onion
1/16 cup (1/2 ounce) vinegar
1/4 teaspoon dill
1/2 cup Sucanat

Place all ingredients in pan and bring to a boil. Cook until tender and put through food mill or liquefier till smooth.

STEAMED BROCCOLI*

2 bunches of broccoli
4-6 cloves of garlic
1/2 onion sliced
1/4 teaspoon dill
1/4 cup Hippocrates broth

Wash broccoli and peel stems. Put garlic and onion in one pot on medium heat until onion becomes translucent. Add cut broccoli crowns and stems,

dill and broth. Cook on low heat until broccoli is tender.

STUFFED CHARD ROLLS*

1 bunch of chard
6 medium potatoes
4 carrots
1/2 onion, sliced
3 large cloves of garlic, minced

Cook onions and potatoes separately. In another pot, cook carrots and garlic. When done, puree each potfull separately, then mix together. Put chard leaves in very hot water, assuring not to overcook. Spread each leaf and remove tough enter stem. Then place puree in center of leaf and roll tightly. Display on tray and serve with ketchup (see French Fries/Ketchup recipe)

Complete your holiday menu with a mixed green salad, Hippocrates soup and a melon fruit cup for dessert.

EGGPLANT ROULADES with Red Pepper Sauce

The Sauce:
1 red pepper, quartered and de-seeded
1 onion, finely chopped
2 tomatoes, chopped
1 clove of garlic, crushed
6 tablespoons water

The Roulade:
2 eggplants
1 pot of cottage cheese
2 tomatoes, skinned and chopped
herbs (such as parsley or coriander)

To make the sauce, cook the pepper, onion, tomatoes and garlic in the water, and simmer for 20 minutes. Put through the food processor or blender. For the roulade, cut the eggplants lengthways into 1/4 slices. Put in an oven-proof dish and cook a little in the oven to soften them. In the meantime, mix together the cottage cheese and herbs and prepare the tomatoes. Then spread a little cottage cheese over each partially cooked piece of eggplant, scatter with tomatoes and roll up. Place back into the oven-proof dish and cook for 15-20 minutes. Serve hot garnished with the pepper sauce.

GERSON CLASSIFIEDS

HELP WANTED

The Gerson Institute wants your stories and submissions for our newsletter. You can submit articles via post to:

Gerson Institute
c/o Healing
P.O. Box 430
Bonita, CA 91908-0430
Fax: (619) 585-7610
or send them e-mail to:
healing@gerson.org

USED JUICERS

Looking for a second-hand juicer or looking to sell one?

Try the Gerson Classifieds!

Call us at (619) 585-7607 to learn more about advertising.

SUPPORT GROUPS

The Gerson Classifieds is a perfect forum to contact other Gerson survivors in your area.

LOOKING AHEAD

We are now setting Charlotte Gerson's lecture and seminar speaking schedule for 1999. If you know of an organization in your area that may be interested in having Charlotte Gerson speak on the Gerson Therapy, please let us know.

TAX TIME AGAIN?

Non-profit organizations like the Gerson Institute depend on charitable contributions to continue their life-saving work. You can make a positive difference in someone's life by making a tax-deductible donation to the Gerson Institute. December 31, 1998 will be your last chance to make donations that count as tax-deductible items on your next tax return. Please consider the Gerson Institute to be an excellent candidate for your generosity.

*During this holiday season
share the gift of health with
your closest friends and family.*



*It is a gift that will truly
keep on giving.*

Invite a friend to become a Member of the Gerson Institute at the "Subscribing Member" level (see page 11) and you'll receive your next membership renewal (at the Subscribing Member level) for \$15.

re-subscribe for only \$15

Just photocopy the Registration Form below, provide us with the information requested and return it with a complete payment (\$40 U.S./\$45 Foreign) for both memberships, by December 31, 1998 and your friend will receive their first copy of the *Gerson Healing Newsletter* in January, 1999 (with five more issues to follow throughout the year!)

Don't forget that all Memberships and Donations are tax deductible! Every contribution helps the Gerson Institute teach physicians and the public how to heal and prevent so-called "incurable" diseases with the Gerson Therapy.

Healthy Holiday Membership Offer

A gift from the Gerson Institute to our Current Members

Your Name: _____

New Member: _____

Address: _____

New Member Phone: _____

I am donating by: check credit card

C/C#: _____ exp.: _____

Health News:

Next Phase I Practitioner Training - January, 1999

If you know of a doctor or medical professional in your community who might be interested in participating in our Practitioner Training Program please ask them to give us a call at (619) 585-7607, or have them visit our web-site at:

www.gerson.org/practitioner_training where they can easily fill out our pre-registration form to receive more information.

Our next Phase I training is scheduled to take place in Tijuana, Mexico during the last week of January, 1999.

The Gerson Institute initiated its four phase Practitioner Training Program in 1996 in order to certify licensed medical professionals in the practice of the Gerson Therapy. Our goal is to make Gerson care available in countries and communities around the world.

Potassium Helps Fight Teen Hypertension

A recent study revealed that the addition of foods rich in potassium "can help lower nighttime blood pressure for African-American teenagers, a demographic group at high-risk for hypertension," reported the Chicago Tribune (10/17/98).

It may not be an easy task for teens to change their eating habits, but these adolescents have witnessed the devastating results of poor diet in their own families. They realize hypertension can lead to bigger problems like heart disease, stroke, and kidney disease.

The author of the study, health psychologist Dawn Wilson said "kids lack supervision from their parents about what foods to eat." The 58 teens that participated in the study ate from 6-8 servings of foods high in potassium every day. To make this feat more appealing, suggested foods were a morning breakfast shake made of frozen or regular yogurt, banana, orange juice and other fresh fruit. Among the teen's favorites was a baked potato with fresh chopped tomatoes and broccoli. Mmm...that sounds like a familiar treat!



Gerson Institute Supporters, 1998

SUPPORTING MEMBERS

Jane E. Amorosi
 John F. Anderson
 James Aresty
 Shirley D. Bacon
 Nancy Barth
 Patricia G. Beckman
 Suzanne Benjamin
 Wynn Binger
 Wayne A. Brecka
 Edward Cassalty
 Mildred G. Chelius
 Nancy Chia-ng
 Diane & Steven Clark
 Ivan Cole
 Bonnie J. Davis
 Lorraine Day, M.D.
 Robert & Connie Doekel
 Frank & Dorothy Doria — *In loving memory of Laura A. Fecanin*
 James B. Duhamel, D.D.S.
 Seyhan N. Ege
 James & Patricia Griswold
 Maureen Hanna — *In loving memory of Laura A. Fecanin*
 Alan Hunter
 Diana L. Jaeger
 Richard H. James
 Helmut & Ingrid Joks
 Bob & Leona Jones
 Lawrence Kirk — *In loving memory of Jim Elk*
 Joseph & Ida Klipper
 Nora Larson — *In loving memory of Dorothy Larson*

Herbert M. Levitan
 Susanne Macsary
 Jean-Guy & Echo Maillet
 Bernard McHugh
 Mike McKoba
 Dr. Dean Mitchell
 Ted W. Mitchell
 Eleanor Nilsson
 Carol Petro
 J. David Pigg
 Horst Plendl
 Katherine L. Polite — *In loving memory of Laura A. Fecanin*
 Ed Schoppe
 Harold R. Shaffer
 Mary Smeenk
 Martin B. Soss — *In loving memory of Laura A. Fecanin*
 Arnold Strom
 Faye Tickner
 Nick Trinchitella
 Galen Wagner
 Janet L. Wasli — *In loving memory of Laura A. Fecanin*
 Dr. & Mrs. H. Eugene Weary
 Kathleen N. Williams

DONORS

Abbott Laboratories
 Steve Elms
 Joyce Geering
 Ryan Krumroy
 Helen Shu

PATRONS

Inopak Ltd. — *In Loving Memory of Laura A. Fecanin*
 Mary Nation
 Marilyn McWilliams
 Helen M. Weber

BENEFACTORS

Charlotte Gerson
 Dr. George & Rhonda Malkmus
 North American Metabolics
 William E. Slaughter, Jr.

Gerson Institute Membership Registration Form

ALL MEMBERSHIPS AND CONTRIBUTIONS ARE TAX DEDUCTIBLE

<input type="radio"/> Subscribing Member	<input type="radio"/> Member	<input type="radio"/> Supporting Member	<input type="radio"/> Donor	<input type="radio"/> Patron	<input type="radio"/> Benefactor
(\$25 U.S. / \$30 Foreign)	(\$50 - \$99)	(\$100 - \$249)	(\$250 - \$499)	(\$500 - \$999)	(\$1,000 - \$2,499)
You receive:	You receive:	You receive:	You receive:	You receive:	You receive:
One Year of the Gerson Healing Newsletter	One Year of the Gerson Healing Newsletter	One Year of the Gerson Healing Newsletter	One Year of the Gerson Healing Newsletter	One Year of the Gerson Healing Newsletter	One Year of the Gerson Healing Newsletter
	An Ounce of Prevention (new booklet)	An Ounce of Prevention	An Ounce of Prevention	An Ounce of Prevention	An Ounce of Prevention
		Recognition in Newsletter	Recognition in Newsletter	Recognition in Newsletter	Recognition in Newsletter
		'Tree of Life' designation*	'Tree of Life' designation*	'Tree of Life' designation*	'Tree of Life' designation*
			Invitations to special Gerson events	Invitations to special Gerson events	Invitations to special Gerson events
				One V.I.P. seminar ticket	Two V.I.P. seminar tickets

Total amount of my contribution:

\$ _____

* The 'Tree of Life' designation is optional. Please check here if you would like to receive information.

Please register me (us) as a new renewed member of the Gerson Institute at the level of membership I have indicated above.

Name: _____

I have enclosed a check credit card number for my contribution.

Address: _____

Check #: _____ C/C#: _____ - _____ - _____ exp.: _____

Tel.: (_____) _____ - _____

(Due to extremely high bank charges for foreign currency exchange, we can only accept payments made in U.S. dollars. We apologize for the inconvenience.)

Gerson™ Therapy Conventions and Lectures Schedule September - November 1998

Date:	Event Name:	City, State:	Location & Times:
Nov. 7	Healing "Incurable" Diseases with the Gerson Therapy - by Charlotte Gerson.	W. Palm Bch., FL	Sheraton (West Palm Beach) 630 Clearwater Park Rd., W. Palm Bch., FL 33401. Room reservation: (561) 833-1234 FREE Lecture: 9:00 - 11:00 a.m. \$35 Gerson Workshop: 12:00 - 4:00 p.m. Local Contact: Sheila Landgraff tel. (561) 575-7340
Nov. 8	Healing "Incurable" Diseases with the Gerson Therapy - by Charlotte Gerson.	Tampa, FL	Double Tree Inn (Airport) 4500 W, Cypress St., Tampa, FL 33607 Room Reservation: (813) 879-4800 FREE Lecture: 10:00 - 11:30 a.m. \$35 Gerson Workshop: 1:00 - 5:00 p.m.
Jan. 22-24	The National Health & Fitness Expo (Presented by the National Health Federation) Charlotte is speaking on Saturday, Jan. 23	Pasadena, CA	Pasadena Center - 300 E. Green St. Pasadena, CA 91101

Gerson Lecture: FREE Gerson Workshop: \$35 per person / \$60 per couple.

For more information on these events please contact the Gerson Institute: **(619) 585-7600**

or, visit us online at:
www.gerson.org

RETURN SERVICE REQUESTED

PO BOX 161358 * San Diego, CA 92176

www.gerson.org * 619-685-5353

Gerson Institute

by

The Gerson Healing Newsletter

NON-PROFIT ORG.
U. S. POSTAGE
PAID
BONITA, CA
Permit No. 27