



Essential bimonthly health news for Gerson Therapy patients and health-conscious individuals - Published by the Gerson Institute

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**Soy: Too Good to Be True (part 2)**

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**The Cure of Advanced Hepatitis and Liver Cirrhosis**

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**A "Burning" Issue With Sunscreen**

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**How Safe Are New Medicines? JAMA Questions Many FDA-Approved Drugs**

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Left to right: Beata Bishop, Charlotte Gerson, Lesley Pearce, and Debbie Filson at the London fund-raiser organized by Mrs. Filson.

**An Exciting Trip to England!**

By Charlotte Gerson

The Gerson Institute has a great Support Group in England. For many years now, under the leadership of Beata Bishop, Lesley Pearce, and Rysia Zindalski, this group has given generously of their time and financial sup-

port to help Gerson patients. In the past, I have visited London approximately every other year. This time, it has been three years since my last visit. Perhaps it was due to the long lapse of

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# GERSON HEALING NEWSLETTER

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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:



## An Exciting Trip to England!

continued from front page

time that I had an extremely full schedule.

My son, Howard Straus, who is just finishing a thoroughly researched biography of his grandfather, Dr. Max Gerson, accompanied me for part of the trip. He came down from Carmel to Los Angeles while I flew up to Los Angeles from San Diego and we met there for the trip. The 11-hour flight took us over the polar route and it was interesting to note that the sun never really set. During the nighttime hours, the horizon was light to rosy before it turned daylight again at about 3AM local time.

After arriving Friday May 14th very early (7:10AM local time) we crashed for a few hours and struggled through the rest of the day to keep awake. But already on Saturday, I addressed a group of the College of Alternative Medicine at Regents College. The lec-

ture was very well received and as a result, the director of the Program felt very strongly that he wanted to include a course on the Gerson Therapy in his syllabus. He is convinced that the general population has to learn to change their diet in the Gerson direction if they want to survive. He approached several knowledgeable people, including Dr. Charles Innes who has done some consulting with Gerson patients, to explore the feasibility of setting up this course of instruction.

On Sunday evening, Debbie Tilson had organized a huge fund-raiser, which included some 250 of her relatives, friends and neighbors. One of the events was the auction of a soccer ball, signed by every member of the Manchester United soccer team that had just won the British Cup. It went for £900 (about \$1,500.) Since the same team won the European Cup only two weeks later, the same soccer ball must be worth ten times that amount now. I am happy that kind and

generous people sometimes get a special reward. I then addressed the group and they received the speech very enthusiastically. We didn't get back to London till after 1 AM.

On Monday afternoon, Beata had set up "tea" at the posh Palm Court of the Waldorf Hotel downtown in London with the wife and the sister of the pop star Sting. Because Sting's mother had died of cancer, they were very interested in alternative therapy. They live on organic foods and support and use organic farming. They also attended my presentation Monday evening, another fundraiser by the Gerson Support Group, at St. Mary Le Bow Church. About 200 people attended the lecture. On this occasion, we presented Beata Bishop as a recovered melanoma patient, and Janet Pottenger, a recovered breast cancer patient. Dr. Innes also addressed the group. Another 1 AM night before we reached home.

Edward Lord Baldwin, Earl of Bewdley, and member of the House of Lords, is also the co-chairman of the Committee on Alternative and Complementary Medicine. When he heard that I was coming to London, he requested that I also address his group. Since his wife, Sally, was a recovered breast cancer patient and he had published numerous items in the paper working toward alternative medicine, I accepted gratefully. Lord Baldwin also invited us (Howard and me, my friend Sarah Stevenson at whose house I was staying) one other friend, (there were 6 of us including Sally Baldwin) to tea at the House of Lords preceding the presentation. Then, after a delightful and relaxing time, we were invited to spend a little while in the visitors' gallery of the chamber of the House of Lords where a debate was taking place. This is a tremendously imposing hall, in gothic style, with huge stained glass windows and high columns. At the head of the hall, there is a golden throne on a gold platform, with a golden baldachin: the place occupied by the ruling monarch if he (or she) chooses to attend. Very impressive.

At 6 PM, we all assembled in a meeting room of the House of Commons where some 4 or 5 lords, several members of Parliament (MPs), several doctors, a few of the public and several of



Excited audience listens to Charlotte Gerson at St. Mary Le Bow Church, London, England





Charlotte Gerson with Dorothy Crowther, Evelyn Courtney and Jane O'Sullivan outside Wirral Holistic Care Services, St. Catherine's Hospital, Wirral, England

the Gerson Support Group were present. Lord Baldwin introduced me and I talked for about 45 minutes about the Gerson Therapy. Howard had brought along, (on Lord Baldwin's suggestion) a 'small' tape recorder. There are no photo or video cameras allowed once you are inside the House of Lords or Commons. (Unfortunately, the 'small' recorder did not produce a really good tape, and we are deciding whether there is enough interest for us to enhance the quality for wider distribution.)

The audience was very impressed and a period of questions and answers followed. Lord Baldwin felt that "it was the best speech I had ever done".

Howard left early the next morning for Germany to visit the places where Dr. Gerson lived and worked, in order to give his (almost finished) biography some local color.

I finally had one day's rest, Wednesday May 19th. On the 20th, it was off to Liverpool, specifically "The Wirral", an exclusive area where a wonderful generous group has set up a counseling program for people just diagnosed with cancer, whom they take in and listen to and counsel - all free of charge for the locals. They have nurses and counselors, all contributing their time without charge. One doctor there has some knowledge of the Gerson Therapy and has worked with a few patients who wish to go "the nutritional route." The decision of what treatment the patients will use is left entirely up to them. They use acupuncture, homeopathy, massage, chiropractic and

whatever appeals to them the most. The Wirral Group occupies a considerable number of modern rooms in an old medical facility. Andrew Printer, our executive director, and I stayed with Jane O'Sullivan, where we were given good organic vegetarian meals, carrot juice and were generally spoiled.

We had two full days at the Wirral and we must thank Dorothy Crowther, Hillary Andrews, Evelyn Courtney and everyone else involved with the Wirral Holistic Center for their hospitality.

On Friday I had a full day of consultations followed by a lovely dinner party at Jane's. On Saturday we conducted a workshop attended by close to 100 people from all over the north of England.

Back in London late Saturday night - frankly exhausted - for a few days of rest before my return trip to the US. No, not yet time to go home. I stopped in Reading, PA, for a lecture and 3-hour workshop on the Gerson Therapy. It was not as well attended as we had hoped since it was not only beautiful weather but the start of the long Memorial Day week-end. But the relatively small audience made up with enthusiasm and these were really knowledgeable people, truly interested and anxious to use the Gerson Therapy.

Finally, Sunday May 30th, home again and struggling with the return jetlag. There are a lot of faxes, e-mails, journals and letters awaiting attention. I request your indulgence as to timeliness for my response. ●

## England Trip Exceeds Our Expectations

As you can gather from Charlotte's article, our trip to England this May was a tremendous success. We couldn't have hoped for a better reception and our thanks and gratitude go out to everyone involved with both the Gerson Support Group and the Wirral Holistic Care Centre.

Our primary goal for travelling to England was, of course, to reach as many people as possible who are interested in the Gerson Therapy. This was achieved via private consultations and several extremely well attended events. We also hoped that Charlotte's tour from London to Liverpool would bring our various British supporters even closer together. It is very clear to us that information about the Gerson Therapy is being embraced and disseminated more successfully in Great Britain than in any other corner of the world. If you live there, you are extremely lucky.

A third, equally important goal for our journey to England was fundraising. If you are reading this article, chances are you are a member of the Gerson Institute which means you contribute to a vital stream of revenue that helps keep us up and running. Unfortunately, charitable giving in the form of membership fees and donations is extremely unpredictable. Like any other charity we enter each fiscal year hoping for the best but bracing ourselves for the worst. Luckily, we have survived for over twenty years thanks to your support and sales of one kind or another. But, we have not been able to grow at the pace we would have liked. There are many books that need writing, clinics that need opening and caregivers who need training. There are bills to pay, and most important of all, there are many more people to reach: in classrooms, Boardrooms and everywhere in between.

We are grateful for the creativity and energy of our British supporters, particularly Debbie Tilson of the Gerson Support Group who coordinated perhaps the most successful Gerson event ever arranged. Thanks to her efforts. Thanks to her efforts we were able to return home with funds that will help us pursue our goals.

For those of you who attended this event, I would like to thank you once again for your support. For those of you who believe in the Gerson Therapy and the work of the Gerson Institute, I encourage you to do what you can to help us arrange more trips like our successful journey to England. ●





# Soy

## Too Good to Be True

By Susan DeSimone & Brandon Finucan

(part 2 of 2)

### Don't Believe the Hype!

The Archer Daniels Midland Company (ADM) is one of the leading manufacturers of soy products. They are seeking "GRAS" (generally recognized as safe) status from the FDA for isoflavones, the estrogen-like compounds found in soy products. They have submitted a document entitled, "An information document reviewing the safety of soy isoflavones used in specific dietary applications."

Dr. Mike Fitzpatrick, a biochemist and former Auckland University professor has carefully analyzed this material and presented his findings in an article entitled, "Soy Isoflavones: Panacea or Poison" published in the *Journal of the Price-Pottinger Nutrition Foundation* (vol. 22, no. 3). Dr. Fitzpatrick concluded that ADM's supporting document "contains factual errors, misrepresents cited authors and does not present the full body of scientific evidence."

ADM claims that "these isoflavones have been consumed by millions of humans for over two thousand years." In actuality, while they have been used in Asia for hundreds of years, they "did not form a significant part of [the Asian] diet." Furthermore, notes Fitzpatrick, "the traditional soybean was quite different from the soybean as we know it today." The wild soybean, *Glycine soja*, "is the species that was consumed traditionally and is the ancestor of the modern cultivar, *Glycine max*, explains Fitzpatrick.

The modern day species has been cultivated to breed much more protein than the traditional soybean. The isoflavones serve as a "defense mechanism in response to pests. Increased disease resistance has been a consistent goal of soybean breeders and it is quite conceivable that this goal has served to increase the levels of isoflavones, and other naturally occurring toxins in the *Glycine max*." The levels of isoflavones in *Glycine max* vary considerably. "If this is so, then it is not implausible that the traditional Asian soybean, *Glycine soja*, contained quite low levels of isoflavones or perhaps none at all," states Fitzpatrick. Therefore, ADM's assertion that soybeans have been safely consumed for over two thousand years cannot be substantiated.

### Soy and Infant Formula

What is particularly worrisome is the presence of soy in infant formulas. It is interesting to note that many infants cannot tolerate soy formulas, that they seem to be "allergic" to the soy. Perhaps the body is instinctively rejecting the enzyme inhibitors found in the soy.

In a letter addressed to Linda Kahl at the division of Product Policy of the Food and Drug Administration dated April 22, 1998, Daniel Sheehan, Ph.D and director of the Estrogen Base Program at the National Center for Toxicological Research wrote:

"There is abundant evidence that some of the isoflavones, including

genistein and equal are toxicants... additionally, isoflavones are inhibitors of thyroid peroxidase which makes T3 and T4. Inhibition can be expected to generate thyroid abnormalities including goiter and autoimmune thyroiditis. In fact, infants consuming soy infant formula rich in isoflavones have about a two-fold risk of developing these diseases... While isoflavones may have beneficial effects at some ages or circumstances, this cannot be assumed to be true at all ages. Isoflavones are like other estrogens in that they are two-edged swords, conferring both benefits and risk. Dr. Sheehan believes that "The addition of isoflavones to foods needs to be considered just as would the addition of estrogen to foods, which is a bad idea."

Dr. Sheehan is very concerned about the high isoflavone content found in soy based formulas. He feels that infants fed these formulas have been placed at risk in a "large, uncontrolled, and basically unmonitored human infant experiment." Dr. Fitzpatrick raises another issue: he believes that soy may combine with other xenoestrogens (such as pesticides). Fitzpatrick writes that "because of the potential for synergistic effects, human exposure to all endocrine disruptors, such as the soy isoflavones urgently requires reduction."

### Soy and the Western Diet

In part one of this article, we mentioned that assumptions have been made linking soy intake to the low incidence of certain cancers in Asia. "However, an epidemiological study in China has shown that high soy intake is not protective against breast cancer."<sup>1</sup>

The soy proponents have conveniently overlooked a study which has shown that high levels of genistein "may stimulate breast cells to enter the cell cycle"<sup>2</sup>. These findings are "consistent with an earlier report by Petrakis et al. who expressed concern that women fed soy protein isolate have an increased incidence of epithelial hyperplasia."<sup>3</sup>

The U.K. government recently published their findings of the effects of soy in the diet, concluding that "there was almost no evidence linking health



benefits from foods containing isoflavones to the isoflavones themselves."<sup>4</sup>

Another study concluded that "any benefits from soy products are not due to isoflavones specifically... [and] the combination of a high phytoestrogen intake with a western diet may not be beneficial."<sup>5</sup>

Adding to the natural trouble with soybeans, we are faced with a new Western phenomenon: genetically altered soy. Among other genetically altered, or transgenic foods like corn, apples, tomatoes, squash, strawberries, lettuce, potatoes, wheat and even walnuts (to name just a few), soy is one of the most controversial.

Monsanto™, the multi-million dollar biotechnology leader that brought us rBGH (Bovine Growth Hormone), has been fighting to put genetically altered foods on your table for several years. So far, they are winning. The truth is, unless you've been eating ONLY organic foods, it is likely you've been tasting Monsanto's handiwork.

Monsanto has gained millions in profits from sales of its popular herbicide, Roundup®, and in turn has produced several transgenic crops that resist it. Soy is of course among those Roundup-Ready® crops. Being resistant to this powerful herbicide, farmers are able to spray more of it on their crops, resulting in higher levels of toxins in the harvested product. Recent studies have shown that sprayed soybean crops have an elevated estrogen level (much higher than the soybean's already high levels). As we mentioned earlier, the synergistic effect of these estrogens - especially on children ingesting soy based formula is unknown, but in a recent study reported in Pediatrics raised a few eyebrows. "Investigators found that one percent of all girls now show signs of puberty, such as breast development or pubic hair before the age of THREE; by age eight 14.7 percent of Caucasian girls and a whopping 48.3 percent of African-American girls had one or both of these characteristics" states Sally Fallon in the Price-Pottinger article on soy. (For a natural alternative to soy and milk based formula, see *Nourishing Traditions*, available through PPNF at 619-574-7763).

These higher estrogen levels have proven to increase amounts of fat produced in the milk of cows fed the altered altered and sprayed beans. Together with the use of rBGH, the elevated estrogen levels bring into question whether cows milk can really be called milk.

The European Union has fought desperately to keep genetically altered crops from entering Europe's food chain, but this June, both France and Ireland will be planting the first altered crops to be grown on European soil. In the United States, there are very few (if any) regulations placed on the biotechnology industry.

### Soy and Protein Intake

Soybeans are not the basis of measurement for whether or not a vegetarian diet is supplying you with the protein and nutrients your body needs. In fact, a diet completely devoid of soy or meat products, but varied in vegetables and fruits, can supply your body with all the protein and nutrients it needs. The important factor in determining whether or not your soy-free, vegetarian diet is good enough for you is not careful food combining, it is calories. As long as you are eating enough leafy greens, fruits and vegetables, your body will be supplied with everything it needs. This is why the Gerson Therapy, with its well-balanced, plant-based (soy-free) diet, rich in vitamins and enzymes, is able to effectively heal even the most difficult of ailments. ●

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## Gerson Patient Support Network

Many patients have expressed to us the need to be in contact with others who are on the Gerson Therapy. For this reason we are starting the Gerson Patient Support Network.

Patients of Gerson Institute Certified treatment centers as well as those doing the Gerson Therapy on their own are welcome to participate. If you wish to have your name added to this list and also receive the names of other patients, please fill out the form below and return it to us. You can also find this form at: [www.gerson.org/supportnet.htm](http://www.gerson.org/supportnet.htm)

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Country \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

e-mail \_\_\_\_\_

Diagnosis: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When did you start the Gerson Therapy?

(month) \_\_\_\_\_ (year) \_\_\_\_\_

I am on:  The Full, Intensive Gerson Therapy

A Modified Gerson Therapy

#### RELEASE AND AUTHORIZATION FOR DISCLOSURE AND DISTRIBUTION

\_\_\_\_\_, an individual, authorize the Gerson Institute, a non-profit organization in Buena, CA, to disclose my name, address, telephone number and diagnosis to other interested parties undergoing the Gerson Therapy, and to add my name to the Gerson Patient Support Network.

Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Double-Speak

## Excuses Used by Orthodox Medicine Trying to Discredit Cures by "Alternative" Methods

By Charlotte Gerson

### 1. "Spontaneous Regression"

As researched by Harold D. Foster, Ph.D., all documented "spontaneous regressions" are the result of diet and/or lifestyle changes. Also, "spontaneous regressions" without diet and lifestyle changes occur in no more than 1 out of 100,000 cases.

### 2. "Misdiagnosis"

Many physicians tell their former patients that if their cancers disappear as a result of nutritional therapy, they were "misdiagnosed" and did not have cancer. This, in spite of the fact that these same doctors had ordered chemotherapy, surgery and/or radiation for such patients. Criminal? Unethical? Tumor tissue slides are always kept on file and can be re-examined by a neutral pathologist to disprove such a statement. One

Gerson patient reported that her former doctor started to shout at his nurse for presumably pulling the wrong record when the patient recovered without chemotherapy.

### 3. "Lack of Appropriate Medical Proof, such as Double-Blind Studies and Biopsies"

Of course all published cases of the Gerson Institute and Gerson Therapy patients have appropriate biopsies and medical records from orthodox hospitals, NOT by the Mexican clinic. However, the Gerson Therapy doesn't lend itself to "double-blind" studies, since there is no way a patient would not know if he is getting carrot juice or a coffee enema.

It is important to note that no "scientific double-blind" studies have ever

been done on chemotherapy drugs. They are still "experimental" after some 35 years of use!!!

### 4. "Results are not published in peer-reviewed 'scientific' journals"

As Dr. Gerson had experienced some 40-50 years ago, orthodox journals did not wish to publish his submitted papers. I still have some of the rejection letters for articles he submitted to various medical journals. To this day, organized medicine refuses to publish material on 'alternative' medicine.

Dr. Gerson had submitted numerous papers discussing his method and the results he obtained. After one "Preliminary Report" was published, no more were accepted for publication, except in German medical journals. Subsequently, if patients approached the AMA or an allopathic

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The Cancer Curing Society

physician to inquire about the Gerson Therapy, they were told that Dr. Gerson "refused to publish," that his treatment was "secret." That is the reason why Dr. Gerson titled the first chapter of his book, *A Cancer Therapy - Results of 50 Cases* "The 'Secret' Of My Treatment" and he starts by saying, "Of course, there is none."

### 5. "Cancer is an aggressive disease; it has to be treated aggressively"

In many cases, cancer is aggressive. However, its cause is the ultimate breakdown of the body's defenses. These cannot be restored by poisons or radiation. Surgery helps remove only the tip of the iceberg - it does not address the underlying cause. The Gerson Therapy, on the other hand floods the body with the much needed nutrients and enzymes and detoxifies as well, resulting in true long-term healing.

### 6. "Alternative Practitioners give false hope."

There is no such thing as false hope. One cannot live without hope. The Gerson Therapy has obtained a very large number of recoveries in patients, even after they were told that their condition was hopeless. For that reason, Gerson doctors can give patients true hope.

Orthodox physicians often tell patients that they are "incurable" or have only a few months to live - we consider that "false despair." Hope is better than the threat of imminent death. ●

# The Cure of Advanced Hepatitis and Liver Cirrhosis

By Charlotte Gerson

As our friends and members know, we actively search out as many of our former patients. The reason is, of course, to complete our files so that we have not only scientific evidence of the starting diagnosis, but the ultimate results; recoveries patients obtain through the use of the Gerson Therapy.

In the course of our follow-up, we also receive many patient stories that we are happy to share with our readers. One such report came in toward the end of May and is very exciting.

Linda, now 54 years old, started the Gerson Therapy in January of 1995. She was diagnosed as suffering from "chronic active aggressive hepatitis with liver cirrhosis". She says that she felt terrible, sick, no energy (she couldn't walk across the street) weak, malnourished (she couldn't digest her food). Before she was actually diagnosed, she had severe jaundice - at which time her liver enzymes were extremely high: SGOT was 1,360 (normal is between 0-30). When she was diagnosed at the University of Chicago, her jaundice had abated, but her SGOT was 560. At that time, with the aforementioned diagnosis, her doctor "gave her" approximately 2 years to live.

(I am always very angry when a doctor "gives" a patient a certain amount of time to live. First of all, doctors don't dispense life; therefore they have none to give. Secondly, it is a very negative thing to tell patients who often schedule themselves to die right "on time" as the doctor stated. Thirdly, such doctors have no knowledge of true nutritional healing which can extend the patient's life indefinitely - and achieve a normal life span.)

Linda started the Gerson Therapy almost immediately after her diagno-

sis. When she arrived at the Gerson hospital, her SGOT was about 400 and it came down before she left three weeks later by nearly 200 points! She has remained on the Therapy since. Her recovery was slow: it took 6 months before she had some energy and 1 year before her energy was about normal. However, she says that it took about 2 years before she was back "to her old self". My liver tests became normal, she writes, after about 1 1/2 years and have stayed normal with one exception: In December of 1998, she reports that she had a flare-up and the liver enzymes went up. "I then increased the Therapy back to 4 enemas a day for one month and the tests became normal again - and have remained so."

Along with the Gerson Therapy, Linda also used herb tea, thymus extract, exercise and massage, meditation and prayer, as well as some herbal supplements. Still, she attributes her recovery "mostly to the Gerson Therapy."

Linda also writes that "I feel better than ever and I have incredible energy. The gastroenterologist at the University of Chicago said he has never seen a patient with this disease in such an advanced stage, with cirrhosis, to go into remission for such a long period of time." However, "he will not attribute my recovery to the Therapy that I am using. I, of course, know it is due to the Therapy. I thank God for Dr. Gerson - I am so grateful - and hope this Therapy can be passed on to many more people. Thank you from the bottom of my heart." ●



# A "Burning" Issue With Sunscreen

By Charlotte Gerson

An article in the *Journal of the American Medical Association* (April 21, 1999) reports a session on current controversies in dermatology. Mark Pittelkow, M.D. of the Mayo Clinic was one of the speakers at an annual meeting of the American Academy of Dermatology.

First of all, he said that it is indisputable that ultraviolet radiation from the sun promotes skin cancer. Continual and frequent exposure triggers basal cell or squamous cell carcinoma. Yet, he differentiated the stimulation of intense sun exposure from regular minor exposure. He felt that the "intermittent, intense" exposure leads to most types of melanoma. It is interesting to note that Dr. Pittelkow stated that "there is no direct evidence that sunscreen increases or decreases skin cancers, however

some recent studies link the use of sunscreen to precursors of melanoma."

In a retrospective study, a European Melanoma Cooperative Group reported finding that sunscreen-using white European children developed twice as many nevi (dark moles) in areas where they were exposed as peers who wore protective clothing. A high nevi count is a strong predictor of melanoma. (*J. Natl. Cancer Instit.* 1990; 90: 1873-1880).

To our knowledge, it was already reported in May 1994 that sunscreen becomes carcinogenic once it is exposed to ultraviolet sun radiation (see *Gerson Healing Newsletter*, Vol. 9, no. 1). Now this study reported in the *JAMA* gives scientific proof. ●

## Inspiration from a Recovering Patient The Fight Against Melanoma

By Floyd Blaine

(Editor's note: While we normally only publish testimonies written by patients who have fully recovered using the Gerson Therapy, we thought our readers would be inspired by this man's account).

The Bible says if you lack wisdom, ask God and He will give it to you (James 1:5). In early March of 1998 my oncologist tried to convince me to consent to the surgical removal of the lymph nodes along my chin and base of my neck, followed by a two month treatment series of intravenous "megadoses" of Interferon. In February the surgeon removed the melanoma from my left cheek. It was deeper and more advanced than the preliminary biopsy had shown.

Hearing the fact that fairly advanced melanoma has just been removed from you causes a major emotional trauma. I am a very devoted Christian

who knows that my life and time are in God's hands and yet the word 'cancer' is a very fearsome thing to have attached to yourself. I was asking for God's wisdom to see if I should do what the doctor was recommending. A missionary was at our church and told me that his wife had been diagnosed with cancer, but they were using a different approach than chemotherapy to treat it. He loaned me the book *A Cancer Therapy: Results of 50 Cases* by Dr. Gerson and gave me a video tape of one of Charlotte's seminars.

I had been praying for wisdom and realized God placed it right in front of me. Here was a logical and sensible approach of allowing my body to deal with cancer without poisons or radiation, which to me were completely illogical. My diet changed the next day. It is not easy to follow the

Gerson protocol since it changes everything about the way I had eaten for nearly 54 years. However, cancer is a great motivator. I give tremendous credit to my wife who works very hard, shopping for the correct food and learning new ways of preparing our meals.

The doctor seemed very disappointed with my decision to shun conventional treatment. I felt he was sincere when he said, "A diet like this is the same as doing nothing." The training orthodox doctors receive is geared to treat the visible symptoms but not what I feel is the cause of the disease. I have no medical or research training, but I do have a reasonable amount of logic. My simple logical description of cancer is as follows:

My body has replaced cells millions of times, both during growth and later

Continued on next page ►



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## Inspiration...

continued from previous page

as I have aged. My immune system has been doing a proper job of policing the replacement cells as well as getting rid of all infections and disease. At some point, the irregular replacement cells got ahead of my immune system and cancer became a part of my body. It seems equally logical that the body which God has wonderfully and mysteriously made can sometimes reverse this process if the immune system can be strengthened and assisted.

In early March, 1998, I weighed 207 pounds which is not really too much for a six foot one inch build. However, I felt just a little puffy and thick in the waist. Sometimes I felt out of breath and would feel my heart race over just a little exertion. One year later I weigh 177 pounds. My weight came down slowly but steadily and has stabilized for the last three months. My energy and endurance are much better. Except for a scar on my left cheek, no one would begin to know what I have gone through this year.

Not everyone can or should disobey their doctor like I did. I do not tell anyone that they should. Cancer causes very deep reactions and personal decisions must be made by the individual with the aid of their family. God has given me a loving and helping family that supports me and helps me cope with this scary, treacherous disease. I have given many of my customers a copy of the cover of Dr. Gerson's book along with your phone number. If anyone else can be encouraged through your referral network by my experiences then my efforts will not have been made in vain. ●

# How Safe are New Medicines?

## The JAMA Questions Many FDA-Approved Drugs

By Charlotte Gerson

In the *Gerson Healing Newsletter* Vol. 12, No.6 of Nov./Dec. 1997, we described the deadly problems which occurred as a result of the use of the Fen-phen reducing drug. In the May 12th, 1999 edition of the *JAMA* (*Journal of the American Medical Association*) Dr. Alastair J.J. Wood (MD) also questions the safety of a number of other drugs that the FDA (Food and Drug Administration) has withdrawn from distribution within a matter of the last 10-12 months.

Five drugs were withdrawn within one year. But, of course, this raises the immediate question: why were these 'dangerous' drugs allowed to be marketed in the first place?

Dr. Wood states that some 10% of the US population (19.8 million patients) were exposed to these 5 drugs before they were withdrawn. This in spite of the fact that other, safer drugs were available for the same condition.

Another problem: a new non-steroid drug was allowed to be placed on the market even though this drug was known to elevate liver enzymes (cause liver damage). Not only that, but the manufacturer cautioned that this drug could not be taken for more than 10 days. This was a pain control drug and many other drugs are available for the same purpose. Not only that, but because of the likelihood of liver damage, the patients are enjoined to have regular tests done to show the possible elevation of liver enzymes. Dr. Wood continues, "After hepatic (liver) failure was reported, the labeling was changed to strengthen the warning of potential adverse hepatotoxic (liver toxic) effects and to

emphasize short-term (less than 10 days) use." These tests are expensive for a drug that is dangerous and can only be given for 10 days! And did the doctors or the patients read the labels?

Dr. Wood also reports that Fen-phen was found to cause valve disease of the heart in as many as 35% of patients. Yet, once the problem was identified and reported, the drug was not withdrawn from the market until after the manufacturer had developed a new product to substitute for it! Apparently, Fen-phen was used a whole year longer than the FDA had approved. The JAMA editorial comments: "...after patient deaths, Friedman et al stated that the FDA had strengthened the labeling and issued a public warning" -- but didn't withdraw the drug. Should we ask: How many people continue to smoke in spite of the public warning printed on each pack of cigarettes?

We should also like to remind our readers of the item that was published in our Newsletter Vol. 13 #4 with the report that some 100,000 people die each year of properly prescribed, correctly dispensed medical drugs. Did somebody not read the label? ●

## Don't Forget!

### United Way Giving Season begins in the Fall

Be sure to make a donation through your employer to:  
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# GERSON CLASSIFIEDS

## Health News

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### HELP WANTED

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**Canada** - Contact Jacqueline Scanes in Burlington, Ontario Tel. 905-634-2457

**Australia** - Contact Stella Ashton in Sutton, NSW / Tel. 61-623-03447

**Australia** - Contact Rusunah Alston in Warrandyte, Victoria / Tel. (61) 398-444471

**England** - Contact Lesley Pearce in Surrey, England / Tel. 137-281-7652

**USA** - Contact Cheryl Cohen in Pleasant Hills, CA / Tel. 510-933-2646

### SPECIAL NOTICE!

Malaysia - Dr. Lynn Tan will be starting a Support Group in Kota Kinabalu, Sabah in August of 1999. More details will follow in our Sep./Oct. issue.

To have your own personal or business classified listing here in the Gerson Healing Newsletter, just contact us at:

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### Cherries vs. Aspirin

It is so interesting that bit by bit the 'scientific' studies over time validate Dr. Gerson's ideas. Here are two items that were featured in the May/June 1999 issue of *New Age* magazine.

An article entitled "Sweet Treatment" discussed a new study done at Michigan State University on a phytochemical known as anthocyanin, found in deep red cherries. This phytochemical helps relieve pain and inflammation better than aspirin or ibuprofen. The head researcher of the team, Muralee G. Nair, professor of natural products chemistry, says, "just twenty cherries a day can keep pain related to inflammation and arthritis at bay."

The article suggests that you reach for some sweet red cherries instead of drugs (which cause side effects) for better results. We couldn't agree more heartily. •

### Cigarettes, Pesticides, and Parkinson's

Another article entitled "Lifestyle and Parkinson's Disease" discusses how researchers from the Parkinson's Institute of California have shown that in most people suffering from this disease it is the environment and not genetics that is most likely to blame. The fault lies with cigarettes and exposure to pesticides and herbicides as well as toxins in the air, water and of course, food.

Parkinson's is described as a "degenerative disease of the brain and nerves that affects some one million people." Many years ago, it was proposed that people suffering from Parkinson's Disease had been exposed earlier to the flu that followed World War I. That theory has, obviously, not been borne out since there are only a few rare survivors who had suffered from that particular flu. •

### Yellow-Orange Cancer Fighters

In other areas of interest, researchers at Cornell University have been studying the effects of retinoic acid on leukemia. Retinoic acid is a product of vitamin A, which the body manufactures from carotenes, the compounds found in a wide assortment of yellow-orange vegetables and fruits, from carrots and sweet potatoes to pumpkins and apricots. Andrew Yen, a professor of pathology and director of one of the Cancer Biology Laboratories in Cornell University's College of Veterinary Medicine report that retinoic acid reverses the growth-promoting effects of oncogenes, the mutated genetic material that induces cancer. •

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