



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

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Recovery From Breast Cancer Heals Whole Family

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"There Is No Other Way Except Surgery"

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New Revised Edition of the Gerson Primer

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A Gerson Patient's Problems

By Charlotte Gerson

It has frequently occurred to me that, in order to really be sure that the patients understand and follow the Gerson Therapy exactly, I ought to follow them around their house and kitchen for 24 hours. A situation that arose recently amply

illustrates the point. I was surprised and shocked by these deviations from the therapy, but since they were taking place I felt that it was necessary to share my concerns with our friends and other

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GERSON HEALING NEWSLETTER

Vol. 14, No. 5, September - October, 1999
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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 both our members and the general public informed of various health issues. Turn to page 11 in this newsletter for information on becoming a member of the Gerson Institute.

Become a Member!
Membership Registration Form, page 11

A Gerson Patient's Problems

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patients in order to make them aware and prevent errors. The patient in question was not only very much interested in the Gerson Therapy for his own recovery; he feels so strongly about spreading the word of healing that he organized a Gerson Convention Day. He also invited me to stay at his lovely home overnight so that I could be spoiled with good, organic Gerson food and juices. The house is located in a wooded area, with beautiful huge trees, and at the edge of a small lake. In other words, the air is clean and fresh and the atmosphere relaxing - no problem there. The patient's business is well organized and runs quite well with minimal attention, so he is able to get a lot of rest. There is help in the household, so there are no pressures in the juice and food preparation. But there are at least four major problems in the patient's application of the Therapy:

1. The water is "hard;" it contains minerals. So, like other people in the area, the patient's home is equipped with "water softener" equipment. His very warm, concerned and cooperative wife is doing everything in her power to help her husband recover. Yet she stated that she brings in "sacks of salt" for the water softener! As our readers know, in the process of removing the unwelcome minerals

in the water, the equipment replaces these with sodium. What happens as a result is that the patient washes and bathes in "softened water", loaded with salt. Salt is very easily absorbed through the skin and should never be used by a Gerson patient. Salt is an enzyme inhibitor and the Gerson Therapy is designed to remove excess sodium. Salt is needed for fast growth of tumor tissue. It is also the basis of the "tissue damage syndrome", when normal cells lose their ability to hold potassium while sodium penetrates, causing edema and loss of function. This tissue damage is, according to Dr. Gerson, the beginning of all chronic disease. Naturally, bathing in salt water must be avoided at all cost.

2. We were served a very delicious and attractive lunch which included a lovely salad loaded with avocados. I immediately asked if the patient, too, was eating them. He was! This was another serious mistake, since avocados contain a fairly large percentage of fat. This is the reason why they are forbidden, because fats tend to stimulate new tumor growth! The lady of the house said that she thought that avocados were served at the Mexican Gerson hospital - which they are not. The problem here is that the patient or caregiver should not rely on memory. All these items are clearly set down in the *A Cancer Therapy*; and avocados are the second item on the

"Forbidden" list. We have to ask patients and caregivers to read and re-read the "Therapy" Chapter in the book, Chapter XXXIII, p. 237, and make sure that they understand all the directions exactly and follow all instructions.

3. Along with the lunch, we had a very nice vegetable soup. It contained some zucchini, peas, celery and onions and a few other vegetables. The patient asked me how I enjoyed the "Hippocrates Soup." I had to state that the soup we had was not Hippocrates soup, as Dr. Gerson describes it in the book. The combination of ingredients that are supposed to be in that soup are clearly described in *A Cancer Therapy* as well as the *Gerson Therapy Handbook* (formerly, *Gerson Therapy Primer*), and they are very specific. Hippocrates (the father of medicine) understood that this special combination of ingredients has a beneficial, detoxifying effect on the kidneys. That is the reason why Dr. Gerson used it. He felt that this soup was so important that he wanted patients to eat the "special soup" twice daily to benefit the kidneys and help them clear toxins from the body. Occasionally, one can add extra tomatoes to give the soup a different flavor; or one can cut up and roast some onions on a dry cookie sheet (NO fat, butter or oil) in the oven. Then these can be added to the same basic soup recipe for a tasty treat. However, the basic recipe should remain unchanged.

4. The lady of the house also thoughtfully offered me some enema coffee which I gladly accepted. When I picked it up for use, however, I seriously wondered whether it was the proper strength. I have used enemas for many years and know pretty well what the coffee should look like. This solution seemed too weak to be considered, "concentrate" for a dilution of 4 to 1. The lady "thought" that she used the recipe in the *Handbook* and that it was right. The caregiver must be sure that each enema

contains the equivalent of 3 rounded tablespoons of coffee (See *A Cancer Therapy*, p.247). If a concentrate is prepared, each portion MUST contain the 3 tablespoons of coffee. The coffee enema, too, is so very important that it is imperative that the mixture or solution is correct. Please check and re-check the preparation of the coffee concentrate.

5. Somewhat less important than the above 4 points: The patient enjoys some bread with his meals - which is quite acceptable. But it is also important to understand that the main requirements for nutrition are the salads, soup, potato, vegetables, and fruit. If all those foods have been consumed, it is alright for the patient to also have a slice of unsalted rye bread. Bread should never be the main part of a meal.

Unfortunately, in the last few months, we have had several patients who failed. I also discussed this problem with the most experienced Gerson Therapy doctors: Alicia Melendez and Luz Maria Bravo. Aside from the above, there are other problems we have run across. Let me state here that we (the Gerson doctors as well as myself when I talk to patients) have a serious problem. When we ask the patient about their compliance with the Gerson Therapy directives, even the above patient who made serious errors, will assure us that he is doing everything "perfectly." These patients don't realize what is wrong with their version of the Therapy. When we try to help, heal, and direct the patient on the Gerson Therapy, we rely on the various tools that we have specially created to give the patient and family every possible help and guidance: the food preparation video-tape and the recipe book in the *Handbook*, the 4-hour workshop tape discussing in detail as much of the treatment as we can and, most important, Dr. Gerson's book. At this point, I need to stress again that the patient must familiarize himself very thoroughly with this

material and review it over and over again.

One problem area that keeps coming up is the food preparation. Just boiling the vegetables and putting them on a plate is not good enough. The food preparation tape initiates the cook into various areas to make foods tasty. For example, cooked beets when peeled and sliced can be reheated a little with some freshly made apple sauce and stirred. The vegetable then resembles "Harvard beets." Or, the sliced beets can be dressed with onions, some green pepper strips and vinegar with flax-seed oil dressing for a beet salad. During the summer months, these salads (also potato salad, string bean or butter bean salad, etc.) are very welcome, refreshing and stimulating to the appetite. There are many suggested recipes in the back of the *Handbook* that, I am afraid, are being disregarded. As a result, we often get reports that the patients are weak, losing weight, and doing poorly. Almost always, it turns out that they have "cravings" for pizza, enchilada, or some other greasy, salty, forbidden food. They are simply hungry because they are not eating well prepared healing, nutritious Gerson meals.

Gerson meals have another advantage: if the patient (or family member for that matter) eats fresh, organic food, it is truly satisfying. We often get reports that the companions lose their cravings for sweets or heavy desserts. But the

key to success is eating tasty food that is prepared with imagination and inspiration from the recipes provided. I must remind patients frequently that when they are on a nutritional therapy, they are on nothing if they don't eat! If patients eat properly, most will gain weight if they are emaciated. Those who are too heavy will lose weight on the same regimen.

Fruits that are in season in the summer, such as cherries, apricots, peaches, nectarines, plums, pears, and grapes are especially valuable - they are high in the best nutrients: vitamins, potassium and enzymes. Not far behind are apples that are available virtually all year round. Patients (unless they are diabetic or suffer from Candida) should always eat much fruit at night, first thing in the morning, and anytime between meals. One summer food presents a problem: corn. It is perfectly alright to eat fresh corn. The difficulty is that everybody loves corn and during the season is likely to eat it to the exclusion of other vegetables. That is a very bad idea. The vegetables should provide variety and a large selection of special healing chemicals (phytochemicals) and trace minerals. Eating mostly one vegetable is not acceptable and does not fulfill the purpose. Let the guiding spirit of the patient be: "I'll do the best possible to help my sick body heal" rather than "I'll see how little I can do and still get away with it." ●

Announcing: The New Gerson Clinic at Oasis of Hope Hospital in Tijuana, Mexico

Providing the full Gerson Therapy under the direction of Charlotte Gerson and with the full endorsement of the Gerson Institute. This new hospital features; modern 80 bed medical/surgical facility, intensive care unit, 24 hr. emergency care, radiology depart-

ment and much more. The cost per week is \$4,900, one companion stays free, no charge for follow-up consultations, with transportation to and from San Diego International Airport provided. Full story to be found in our Nov.-Dec. issue ●

Where Do We Get Our Proteins?

By Charlotte Gerson

One of the most frequent questions I am asked is; without meat, eggs, and milk products, where do we get our proteins? I have often given a simplistic answer, "Where does the cow get her proteins?" She gets her proteins from the grass she eats, of course, even when she is pregnant or lactating.

Our bodies are not quite like that of the cow - but we are, essentially, vegetarian animals. Our teeth are those of vegetarians; our stomach acid is much weaker than that of meat eating animals, who have seven times the stomach acid we secrete. We also have the long intestinal tract of the vegetarian, which is needed to extract nutrients from the fibers of vegetables and fruit. Carnivores have a short intestinal tract because meat is concentrated nutrition, which putrefies in the intestines and has to move out quickly. The putrefying materials of meat remain in our longer intestinal tract for an extended period of time. This damages the friendly bacteria and the putrefying toxins are sent back to the liver.

"Meat is erroneously believed to be the best food for health, and is indeed tasty" states Carl C. Pfeiffer, Ph.D., M.D. in his book, *Mental and Elemental Nutrients* (Keats Publishing, Inc., New Canaan, Connecticut). The problem, however, arises from the following: Pfeiffer writes that the average American is estimated to eat 10 to 12 percent more protein than his body can utilize for growth and tissue repair. The rest needs to be burned up as energy or is stored as fat.

When the body ages, or deteriorates due to toxins, stress, injury or other problems, protein digestion is no longer complete. Fat is

harder on the weakening system, and almost all protein is ingested together with fat. Meat, milk, cheese, eggs are all high in cholesterol (fat), thus putting additional demands on the overburdened metabolism, specifically the pancreas which secretes protein digesting enzymes. Some of the danger arises from the fact that overburdening the pancreas with proteins tends to utilize all of the pancreatic enzymes for protein digestion. On the other hand, these same pancreatic enzymes help protect the body from cancer. Dr. Beard, before WWI, showed how he was able to control his own cancer by eating proteolytic enzymes by the handful. This protection is no longer available to heavy meat and animal protein eaters. We must remember that 'toxins' or poisons are also defined as "enzyme inhibitors." In other words, in our toxic world of air, water and food pollution, our ability to digest the more complex nutrients such as animal proteins falls with the rise of toxicity, with aging, smoking, alcohol consumption, drug use, food chemicals, etc. Again, we have to return to the much easier to digest vegetarian proteins.

Francis M. Pottenger, Jr., MD, in his book titled *Pottengers Cats - A Study in Nutrition* (Price Pottenger Nutrition Foundation, Inc. La Mesa, California) covers another disadvantage of meat eating. He proved that heat-damaged (cooked or pasteurized) meat or milk is poorly absorbed and does not satisfy the body's need for protein. He showed how each succeeding generation of cats, fed on heat damaged proteins, became more seriously depleted to the point where the 4th generation was

not only afflicted with severe disturbances but was unable to reproduce. Very few Americans consume raw meats, milk, eggs, cheese, etc. so we need to take into consideration also the loss of nutrients due to cooking or pasteurizing.

John Robbins in his book, *Diet for a New America*, gives the names of a large number of Olympic athletes who were vegetarians (for more information on vegetarian athletes see vol. 12, number 6, p.1, "Does Animal Protein Confer Strength?"). They competed for more years than their meat-eating peers and had better endurance. Some of these were even vegans which did not reduce their ability or endurance. In other words, we are getting very adequate proteins from vegetarian foods.

We further learn from Dr. Pfeiffer in *Mental and Elemental Nutrients* that "many nuts and seeds contain between 20 and 30 percent protein; whole grains only 12 percent and milk 4 percent! Plant foods, when eaten in combination, can ...far exceed meat in protein value." Besides, they are easy to digest and are free of cholesterol.

The Gerson Therapy is exceptionally high in nutrients, representing an intake of approximately twenty pounds worth of vegetables and fruit daily. Carrot juice, oatmeal and potatoes are very high in easily assimilated proteins. These foods are given in large amounts on the Gerson Therapy. Furthermore, Dr. Gerson added defatted, enzyme pre-digested milk proteins (such as non-fat yogurt) after some 6-10 weeks for cancer patients on the strict Gerson Therapy. This addition was intended not so much to supply proteins as to create a better acid/alkali balance. The strict vegetarian diet with little in the way of grains tends to push the body into alkalinity. It is desirable to overcome this imbalance with modified milk proteins which tend to create more acidity.

We must examine our results:

many Gerson Therapy patients start the treatment while suffering severe tumor loads. Some have bone metastases with holes eaten into the bone; others have osteoporosis and serious organ damage - all of which have been overcome thanks to the Gerson Therapy. We have seen patients whose bodies rebuilt herniated disks and healthy bones without calcium or protein supplements.

It was already shown in the 1930s that protein restriction improved the immune system and facilitated the excretion of excess sodium and the resulting edema. Dr. Robert Good, world renowned immunologist of the University of Minnesota as well as at Sloan-Kettering Cancer Hospital, also showed that calorie restriction improved the immune system of laboratory animals.

On a final note, it is important to realize that meat eating contributes to world hunger. Foods that could nourish people are fed to animals. One half of the agricultural land in the U.S. is planted with feed crops, and three quarters of the grains raised is fed to livestock. There is another problem: these animals are inefficient in converting grains to meat proteins. It takes some 8 pounds of grains to produce one pound of meat. Cows are the least efficient: it requires 21 pounds of vegetarian protein to produce 1 pound of animal protein. "An acre used for cereals can provide five times as much protein as an acre used for meat production; an acre used for legumes ten times as much protein, and an acre used for leafy vegetables fifteen times as much," explains Pfeiffer. ●

Thank You Janet Pottinger!

We deeply regret omitting a mention of thanks in our last newsletter to Janet Pottinger for her many years of hard work with the Gerson Support Group in London. We owe her an enormous debt of gratitude for her dedication to Gerson patients.

Gerson Patient Support Network

Get in touch, keep in touch with other Gerson patients

Name: _____

When did you start the Gerson Therapy?

(month) _____ (year) _____

Address: _____

I am on the [Full] / [Modified] Gerson Therapy
(circle one)

City: _____

**RELEASE AND AUTHORIZATION FOR
DISCLOSURE AND DISTRIBUTION**

State: _____ Zip/Postal Code: _____

I, _____, an individual, authorize the Gerson Institute, a non-profit organization in Bonita, 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.

Country: _____

Telephone: (_____) _____

e-mail: _____

Signature: _____

Diagnosis: _____

Date: _____

**The Gerson Support Network
is for At Home, or At Clinic
Gerson Patients ONLY!**

Fill out this form on our web-site: www.gerson.org/supportnet.htm

News On the First Gerson Patient in Mexico, 1977

By Charlotte Gerson

This morning, July 15th, 1999, we heard about the very first patient who came for treatment to the Gerson Therapy Hospital in Mexico, on July 20, 1977, the day of the opening. His name was Rex Eyre and he arrived with his wife, Norma. They were literally knocking at the door before the facility was even open. Rex had been suffering from an unusual type of leukemia, had no energy, and slept 20 hours a day. He improved considerably before he left the hospital and continued to get better at

home. He even wrote a book, *I Had Leukemia and Won*, unfortunately now out of print.

His daughter-in-law told me that he was well for many years. However, an old infection in his sinuses (for which he had undergone surgery before he started the Gerson Therapy), seemed to travel to his brain and caused new damage. This eventually led to Rex's death in 1996, 19 years after he started on the Gerson Therapy. ●

Cavitations

More Than Just Another Hole In Your Head

By Susan DeSimone

Many of our readers are well aware of the problems that mercury amalgams and root canals can cause. Recently, while visiting patients at Gerson hospital in Mexico, I spoke to one of the patients in depth about a more silent health threat known as cavitations. Not to be confused with a cavity, which is of course a hole in the tooth, a cavitation is a hole in the jawbone that cannot be detected by x-rays.

"When teeth are removed," writes Dr. Hal Huggins in *It's All in Your Head*, "the periodontal ligament (a membrane that attaches the tooth to the bone) is usually left in the socket." Huggins explains that when this ligament is left in the jaw the area around the socket never heals completely. When this occurs, Dr. Huggins has found that "the top of the socket seals over with two or three millimeters of bone; under that, a hole remains. This bony hole is usually lined with chronic inflammatory lymphocytes, which are the cells of autoimmune disease."

The term "cavitation" is used to describe not only the lesions which appear as tiny empty holes, it also applies to other lesions in the jawbone, which after tissue analysis have been found to be ischemic (lacking in oxygen), osteomyelitic (bone infected) and toxic. Dr. Karen and Steven Evans of the University of Kentucky explain that "these lesions are often located in old extraction sites and under or near the roots of root canal teeth, avital (dead) teeth, and wisdom teeth. Sometimes they spread extensively from these locations throughout the jawbone and may penetrate the sinuses or totally encompass the inferior alveolar (jaw) nerve. Dr. Christopher Hussar, a licensed

osteopath (D.O.) and dentist (D.D.S.) is one of the few dentists in the United States who will surgically remove cavitations. "When you open up these lesions and see the mush that comes out, you can understand why these infection sites will not heal on their own. I have opened up sections of jawbones and taken out decayed vegetable matter such as corn and carrots that had become locked within the original extraction site and were not reabsorbed by the body. Inside these jawbone cavities you may also encounter viruses, bacteria, yeasts and parasites, all of which contribute to the harmful dental focal disturbance," writes Dr. Hussar in an article entitled "No More Chronic Pain" (*Alternative Medicine Digest*, Issue 15)

The term "focal disease" was coined in the 1850s. Although now discredited by conventional dentists, Dr. Hussar points out that U.S. physicians from the 19th century "were aware that chronic, untreated dental [or focal] infections could produce serious symptoms elsewhere in the body. In fact...physicians once routinely recommended having teeth extracted as a cure for arthritis." Since 1988 Dr. Hussar has used a technique known as neural therapy "to remove infected or dead bony tissue." He states that by "using this approach I have been able to reverse headaches, blindness, hearing disorders, arthritic pain, rheumatological problems and all manner of unexplained pain disorders."

Several medical journal articles have been published which concur with Hussar's findings. *The New England Journal of Medicine* published an article on November 22, 1990 by Eric I. Logigian, M.D. from

Tufts University School of Medicine. He and his colleagues described how *Bonelia burdorferi* infections in the jaw can lead to chronic neurological problems. Another article, entitled "Alveolar Cavitation Osteopathosis: Manifestations of an Infectious Process and its Implication in the Causation of Chronic Pain" was published in the October 1986 issue of the *Journal of Periodontology*. The author, Eugene Ratner, D.D.S. describes how he healed thousands of patients who suffered from pain in their face, shoulder, arms, groin and legs by treating jaw infections. Sadly most conventional dentists will not subscribe to such beliefs. They routinely extract teeth, failing to "recognize that the area around the extraction site of most wisdom teeth is infected. Consequently, dentists often fail to properly clean out (debride) all the unhealthy tissue and dead bone from the site, thereby creating chronic infection. This can produce referred pain, which is pain felt elsewhere in the body rather than the jaw," explains Hussar.

How can we explain this phenomena known as "referred pain?" We need only look towards the East for the answer. "According to acupuncture," states Hussar, "numerous energy pathways [meridians] traverse the body, running from head to toe, and most of them pass through the jaw in direct association with specific teeth." So if a patient seeks acupuncture to treat a chronic problem and the treatment "doesn't hold, it can mean there is some kind of 'focal' disturbance in the mouth that is blocking the flow of energy throughout the body," Hussar explains. "Different areas of the jaw correspond to different

parts of the body," writes Hussar in the International DAMS (Defense Against Mercury Syndrome) Newsletter. "The anterior regions of the jaw correspond to the frontal sinuses, pharyngeal area, cervical spine, urogenital area, kidneys and adrenal glands. The canines correspond to the hip, knees, lung and stomach. The posterior part of the jaw corresponds to the shoulder, elbow and lower back."

Hussar recalls treating "patients with chronic chest pain, mitral valve prolapse and other heart conditions. When I cleaned out the chronic infection at their third molar, which is on the heart meridian, I have been able to end the problem without any intervention. All four wisdom teeth are on the heart meridian which runs through both sides of the mouth." Hussar goes so far as to surmise that "some of the high incidence of heart disease in the U.S. may be attributed to chronic infections left over from faulty wisdom teeth extractions sending their negative influence through the heart meridian to the actual heart."

Although I fail to see eye to eye with most conventional dentists, I can understand why they are reluctant to acknowledge the existence of cavitations - because, well, they really are very hard to "see!" My research on cavitations led me to an article entitled "Properative Diagnosis of Cavitational Lesions" by Stephen Koral, DMD. The fact of the matter is, dentists have not yet developed a tool that can detect these lesions because they are so tiny. As mentioned before, they cannot

be diagnosed using an x-ray, and the anesthetic technique that Hussar uses is not always clear. For the time being, dentists must aspirate a sample of tissue, which is then tested. If it can inhibit enzymatic activity, then that sample is deemed as being toxic. This evidence of toxicity would "demonstrate not a hole in the bone, but the active principle of cavitational pathology - the presence of bacterial toxins," writes Koral. This is a minimally invasive pre-operative diagnosis. ●

Please note:

Since Gerson patients become extremely sensitive to anesthetics, we recommend having dental work done before starting the Gerson Therapy.

For more information on cavitations, try these references:

www.altcorp.com/cavitati.htm
(You can find the article by Koral on this site).

Christopher Hussar, D.O., D.D.S.
1696 Meadowood Lane
Reno, Nevada 89502
(775) 826-1200

For information on bio-compatible dental materials and biological dentistry, contact:

The International Academy of Oral Medicine and Toxicology, Dr. Michael Ziff, Director

P.O. Box 608010
Orlando, FL 32860-8010

They offer an informative newsletter (for a fee), as well as information on seminars, conferences and information packets.

Another source of information is the D.A.M.S. (Defense Against Mercury Syndrome) chapters:

DAMS Newsletter
725-9 Tramway Lane NE
Albuquerque, NM 87122
Phone: (505) 888-0111

The DAMS newsletter provides a list of local DAMS chapters throughout the US. This newsletter is written for the lay person.

Dental Amalgam Banned!

Swedish dentists can no longer use silver/mercury amalgam fillings. The Swedish ban, which is a precedent for other countries to follow, should confirm the fears of many dentists. Although the United States and

Australian Dental Associations maintain that the threat is negligible to patients, mounting evidence has shown some volatilization and ingestion of mercury from dental amalgam. This is one reason why Europeans have tended to shy away from amalgam and why Sweden is stopping its use altogether. Symptoms of mercury poisoning include tremor, mood swings,

excitability, fatigue, insomnia, inability to concentrate, blurred vision, gastrointestinal disturbances, pain to joints, renal disturbances, susceptibility to infections, headache, weakness, numbness in the extremities, dermatitis and an increased risk of brain tumors. Mercury is passed on to the fetus, through the placenta wall. ●

Source: *Cancer Forum*, Nov. 1998

Recovery From Breast Cancer Heals Whole Family

By Charlotte Gerson

Cora Cayton was 51 in September of 1991 when she found a lump in her breast. She had always been "lump conscious" and she was shocked and worried, of course. She went to the North Kansas City (MO) Hospital to be examined. Her physician did a lumpectomy. The tissue was examined and found to be malignant. She and her husband were profoundly shaken; however when the doctor advised her to do a mastectomy, followed by radiation and chemotherapy, they refused. Cora's husband, Mike, had studied alternative medicine for some time and did not agree with the "slash, burn and poison" approach to cancer. The doctor kept calling to urge Cora to report for treatment. Mike tells that it felt like "calls from the sheriff's office." In order to stop the calls, he told the doctor that Cora had returned to her native Philippines. Nevertheless, she did other things to attempt to stop the disease: 14 days at a fasting clinic and then mega Vitamin C therapy and finally vegetarianism. This took about two years and Cora was getting worse. Then they discovered Gerson. It made sense to Mike who had done a lot of reading, on health and alternative therapies. They tried to do it at home, however, Mike was away at work and Cora was usually too tired and even despondent - unable to "stick to the schedule." Another year had gone by and Cora was getting worse. Finally she was very ill, and her entire breast had turned into tumor tissue (the doctor said it measured 8cm). Mike observes "Cora was close to death; she didn't have any vitality." Then he took

up a second mortgage on their home and sent Cora to the Gerson hospital in Mexico in July of 1995. Mike feared that it might even be too late.

Mike and Cora were hoping to save her breast, however, since the entire flesh had turned into tumor tissue, a lumpectomy was impossible. The Mexican doctors suggested some mild radiation, followed by a mastectomy. After the surgery, Cora improved slowly. Her white blood count improved; each new test was better than the last one and her energy came up slowly.

When she came home, she was able to do her own therapy. She even objected to accepting help from others (with the exception of her husband, who would lug in the heavy bags of carrots). "She did it all alone, bought her own vegetables and was holding her own."

At this time, Mike got the information from the Gerson Institute about the problems of dead teeth, filling of root canals and the ensuing cavitations (see a related article on cavitations in this issue). Mike asked their dentist about removing Cora's six root canals but the dentist refused. Mike had to call Dr. Meinig, the author of *The Root Canal Cover-Up*, to find a dentist who would take care of the problem. Dr. Meinig referred the Caytons to a knowledgeable dentist in Nebraska who took the teeth with filled root canals out, 2 at a time. "It was like it took a whole load off her shoulders. Her energy came up in jumps with each extraction."

Cora continued her Therapy for 2 years. At the end of the intensive treatment, she remained vege-

tarian and continued with daily coffee enemas. Still, about a year later, she started to have bouts of depression again. Since one of her uncles also suffered from depression she thought it might be hereditary. On the other hand, Mike found that it could be caused by parasites. He found a Chinese herb, parasite compound, which Cora took, and that seemed to kill the parasites. Still, every so often, the depression recurred. Eventually, Mike found the book by Hulda Clark and started Cora on Hulda's suggested parasite treatment. Currently, this seems to be keeping the depression under control.

Cora is now living a normal life. Her kids are grown and she has even taken a job. She had never held an outside job before, but now, in addition to taking care of her home, she is chopping vegetables in a super market. She also mows their five-acre lawn regularly. "This is not an easy job," Mike says. "It is not like a flat golf course, it is hard to do."

While Cora was recovering, Mike started to have problems with his kidneys. He was going into kidney failure. He went back into his research, specifically to his *Root Canal Cover-Up* book. Sure enough, there was a reference there to the possibility of damaged teeth with root canals causing the problem. He went back to the dentist in Nebraska who had treated Cora and had his root canal damaged teeth removed. The dentist stated that the bone surrounding those teeth was very rotten. Of course, under those circumstances, toxins from the infected

area damage other body systems. Mike reports that he had had a mole on the side of his face for 12 years - yet in a short time, it dried and fell off! His kidneys are functioning normally and he now feels great.

Their daughter also profited from the experience. She married - yet after some time, she was unable to have a baby. She would conceive but miscarry. This happened several times. Further, she was suffering from anxiety attacks. Occasionally, these were so serious that, when driving, she had to pull off the road because she could not concentrate. The doctors treated her with tranquilizers. This did not clear the problem. Mike suggested that she have her teeth examined since they contained some filled root canals. Her regular dentist refused to remove them. She, too, went to the dentist in Nebraska. The latter checked her and removed two root canal teeth. Mike reports that when they came out, the smell of the rotting bone was so strong that the entire room was filled with it. When the bone healed, she conceived and now has three healthy children.

Mike is so thankful for the help the whole family obtained by the Gerson Therapy and the appropriate treatment of dead teeth. He claims "There is only one thing wrong with it: nobody listens to you when you tell them." A next door neighbor had an unusually beautiful wife who developed pancreatic cancer. Mike suggested that she attend the hospital in Mexico. "Money was no problem, but the neighbor was going to build his own juicer for the wife's therapy." Mike warned him that there wasn't time to waste, to get her to Mexico immediately. The neighbor didn't listen, and worked on the juicer. Before it was finished, the wife was dead. ●

Membership Prices
Have Gone Up!
See Pg. 11

"There is no other way except surgery"

Words One Patient Could Not Accept

By Charlotte Gerson

Melanoma Cleared After Recurrence - Now Totally Well

Miriam Vernon, who lives in Australia, had her first encounter with melanoma in September of 1989. The biopsy report read: "superficial spreading melanoma, early level IV, 32 mm in depth". Dr. M. Clutterbuck removed the tumor, and the biopsy report came from the Queensland Medical Laboratory.

Before Miriam was diagnosed with a recurrence, she states that "I was thin, losing hair, smoked, had blood blisters in my mouth, had yellow nails. I ate lots of chocolate, chili sauce, meat pies and sausage rolls, cream and hard cheese. My vision was deteriorating rapidly, and I got upset easily."

In February 1991, she had a recurrence, a node in her groin, which was removed and biopsied. This new report, dated February 12th, reads: "Malignant cells consistent with metastatic melanoma."

Miriam writes, "I was told by my specialist that I had secondary melanoma and had 5 1/2 years to live at the most, following what he had to offer. "He wanted to do a 'Block Dissection', to remove all the lymph glands in her left groin. He added, 'There is no other way except surgery,' which stuck in my mind in capital letters," says Miriam. "I just couldn't come to grips with putting myself into someone's hand to do as they felt fit, to be cut up whenever another

tumor appeared."

"We had heard about the Gerson Therapy and felt it could nourish and clean my body. I knew about good nutrition through working at a health center. The next day I borrowed a Champion juicer and we both went shopping for organic fruit and veggies. My surgeon, Dr. Smith, was not impressed that I had decided to do something alternative. By the end of February 1991, I was fully on the Gerson Therapy.

"We found a wonderful doctor who monitored me through the Therapy and was so thrilled with my progress. After 11 months, [on the Gerson Therapy] I felt I just had to go back to see my specialist. I did not feel good about him, and I was nervous - scared. But the words just came to me, 'I have to share my good health.'

"He was equally impressed with my health as well as the photocopied Appendix I and II [from *A Cancer Therapy: Results of Fifty Cases*] which I gave him. He kept asking, 'but what drugs are you on?' He listened very carefully as I talked about what the Gerson Therapy was about. I was so happy when he asked if I would come again in about a year. I found out later that he had written a letter to my doctor saying how pleased he was and that the Gerson Therapy must be working.

"I did go back, 3 months before I came off the Therapy for him to examine me and write a report. Dr. Smith was really pleased and said, 'we are proud of you'."

Miriam reports some of her progress and reactions: In 7 weeks

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"...No Other Way Except Surgery"

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she had acid tears and her nails went pink. New hair started growing and hasn't stopped. She could laugh again. After 38 days on the Therapy, the tumor was a lot smaller. Three and-a-half months later, her local doctor said that her tumor had gone and only scarring was left. He was amazed!

She put on 18 pounds and had pink cheeks for the first time that she could remember. After two weeks of the Therapy, a tumor "came away" from her colon. She had thought that her digestive system was good, but found that she had accumulated a great deal of "rubbish" which she was able to get rid of with the coffee enemas. She also told us that "a lot of emotional upheaval came to the surface from all my life, as if it were locked in and released as I was detoxified. I had to find a way to deal with this by acknowledging it, and letting go."

"In 1995, after a year of stress, not realizing how much damage it did to me, I came down with a recurrence, a tumor in my small intestines. Since it caused a lot of pain and seriously interfered with digestion, I decided to have it removed surgically. I then went back on the full Gerson Therapy for another 18 months. I found it is very easy the second time around. CAT scans in November 1997 showed all is well. I am feeling really healthy and well.

"February 1998: Last CAT scan, Nov. 1997 shows all clear. Still juicing five-times-a-day, eating mostly raw vegetables and fruit. Taking 1 enema a day."

Latest CAT scan: May 12th, 1999. "No abnormal masses are seen throughout. The lungs are clear and there is no pleural fluid. The liver, pancreas, spleen and kidneys appear normal.

COMMENT: No evidence of metastases." ●

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