

GERSON™

\$3.50 U.S.

# HEALING

## NEWSLETTER

Vol. 14, No. 6  
Nov. - Dec., 1999

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

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## Colostrum: A Boost from Mother Nature

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## Gerson & Contreras Unite!

By Charlotte Gerson

*News Announced at the  
Cancer Control  
Convention in Los  
Angeles*

This year, the annual Cancer Control Convention produced several interesting developments. For one, it took place at a new loca-

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# GERSON HEALING NEWSLETTER

Vol. 14, No. 6, November - December, 1999  
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Charlotte Gerson, Founder  
Andrew Printer, Executive Director  
Susan DeSimone, Editor  
Brandon Finucan, Layout

[www.gerson.org/healing](http://www.gerson.org/healing)

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

## Gerson Institute

[www.gerson.org](http://www.gerson.org) \* 619-685-5353  
PO BOX 161358 \* San Diego, CA 92176

## Gerson & Contreras Unite!

*continued from front page*

tion, the elegant Sheraton Universal Hotel, beautifully located with trees and green all around. Not only that, but the hotel offered a very nice organic meal, outdoors, which was very much appreciated.

Another surprise happened as we came to the registration desk and asked for the Gerson booth. The puzzled question came, "Which one? There are four of them." While the Gerson Institute is the only one legally using the Gerson name, in fact three other entities are also calling themselves "Gerson." We should be flattered since this is in recognition of the Gerson Therapy as the basis of all alternative, nutritional treatments.

The ultimate bombshell, however, was the announcement in the course of Charlotte's lecture, that we had been invited by the Contreras group and Hospital Oasis of Hope, to join them and move the Gerson Therapy to a specially designated floor in their beautiful modern and spacious hospital building. Dr. Ernesto Contreras, Sr. originally established this hospital after being the first doctor in Mexico to use the "illegal" drug, laetrile, in the treatment of terminally ill Cecile Hoffman, his first laetrile patient - over 35 years ago. The Contreras group has a topnotch name and reputation. Of course, during these 35 years, Dr. Ernesto has weathered many attacks yet always came out ahead. We, at the

Gerson Institute were honored to be asked to join the Oasis of Hope hospital to bring Gerson patients there for the Gerson Therapy.

The medical group at the Oasis of Hope is obtaining excellent patient responses from the Gerson patients - I am able to say, better than we ever had before. The doctors have used metabolic treatments for some time prior to the establishment of the Gerson floor and do not find it difficult to adapt. However, the management felt that the use of all organic foods could only benefit all patients. Therefore the entire dining room is now serving organic Gerson foods for Gerson as well as Contreras patients.

Aside from the comfortable facility and the excellent and compassionate care, the patients will benefit since the Oasis Hospital accommodates one companion free of charge. Furthermore, they will also provide ongoing phone consultations without charge.

In the course of Charlotte's lecture at the Convention, two patients reported on their recovery from cancer by the Gerson Therapy. One, Mrs. Kathy Bartholomew, was a total surprise to us. She had contacted our office just days before the convention, telling us that she had suffered from breast cancer 11 years ago! She was biopsied and her tumor was confirmed to be malignant. She obtained two opinions; in each case she was advised to have surgery followed by the usual chemotherapy and/or radiation. She refused, and did the Gerson Therapy on her own at home - without our knowledge or input. The very first time I met her was just minutes before my lecture in the course of which she testified! She is now a sturdy 80-year-old lady and looks to be in good shape. She also brought her lovely daughter along who, at one time, had won the title of "Miss USA."

The other patient who testified was Debbi Wagner. She had also testified at last year's Cancer Control Convention in Pasadena. Debbi has a most interesting story:



Dr. Contreras and Charlotte Gerson cut the ribbon. (inset) Everyone in celebration.

she suffered for years with depression and was, of course, given drugs "to control the problem." The depressions became worse and she developed severe panic attacks - which kept her at home, with one person always keeping her company. She was unable to go out into the street, let alone drive.

Obviously, that kept her from working, too. Then she developed diabetes, along with gall stones and a cyst in her kidney. Finally, after a biopsy, she was diagnosed with ovarian cancer. At that point, she started the Gerson Therapy. It is now 4 ½ years later: she is not only clear of cancer; has no more diabetes, has no gallstones and her kidney is clean. She also has no more depression or panic attacks; takes no drugs or insulin. Last Christmas she had two jobs! She was doing so well, is functioning and sociable and she met a very nice gentleman and got married!

Aside from the two patients who testified during the Gerson lecture, we also had Shirley Tice helping us at the Gerson booth. Shirley is a long-term (6 years) recovered patient. She was diagnosed with a malignant tumor that recurred in the scar after earlier breast surgery for cancer. She had seen too many people suffer and die of chemotherapy and refused this treatment when it was offered. She did the Gerson Therapy. She is well, active in business, and is also volunteering her services as one of the directors on the Board of the Gerson Institute. ●

## Colostrum and Children

### An Important note:

Colostrum can be used to treat children's illnesses, but dosages must be adjusted according to their weight. DO NOT give this supplement to children on a regular basis as their immune system is still developing.

# Colostrum

## A Boost from Mother Nature

By Susan DeSimone

As you navigate your way through the maze of supplements that fill the shelves of your local health food store, it is easy to become skeptical about the hype surrounding some of these pills. At the Gerson Institute, we believe in the minimal use of supplements (aside from the necessary Gerson Therapy medications). Go to nature's source first: fresh fruits and vegetables! However there is one supplement that we do recommend, one which is perfectly safe: colostrum.

### What is colostrum?

Colostrum is a pre-milk substance secreted by all mammals during the last few months of pregnancy until about 2-3 days following birth. It contains protein, fat, vitamins and minerals, but the two main components of colostrum are the immune and growth factors.

When babies are born, they enter the world without an immune system. Colostrum is Mother Nature's perfect first meal for an infant. "The immune factors in colostrum (including immunoglobulins, antibodies, lymphocytes, and immune enhancers) not only protect the newborn from viruses, bacteria, allergens and toxins, they also serve to 'jump start' the baby's own immune system, writes Lance S. Wright in his book, *Colostrum: Mother Nature's Healthy Alternative for Every Generation.*" Colostrum's other ingredients," states Wright, "also stimulate growth, and promote rapid healing, which is very important considering the ordeal of birth and the injuries it can cause. In all, it is estimated that the ingredients in colostrum work to activate at least fifty different physical processes in the newborn body, all of which are vital to health and

growth."

Of course, the source of supplemental colostrum does not come from humans - what mother would ever want to deprive her child of this miraculous substance? Thankfully, cows produce an abundance of colostrum - much more than a calf could ever utilize. Bovine colostrum is not species specific - in fact it is molecularly identical to human colostrum and is up to forty times higher in certain immune factors. Research has revealed that immune and growth factors in bovine colostrum are protected by glycoproteins that allow these important elements to remain intact in the digestive tract - our digestive enzymes do not destroy them. According to Dr. Wright, "This is so significant because nearly 80% of pathogens enter the body through the bowel. So by concentrating most of their forces in the intestines, colostrum's immune factors are able to fight off a large portion of invaders before they get the chance to enter the body."

### The History of Colostrum

The use of colostrum as a supplement is hardly new. Rishis (holy men) and Ayurvedic doctors in India as well as Scandinavians have been privy to the health benefits of bovine colostrum for hundreds of years. Indians make a special candy by dropping colostrum into boiling water- this is a big hit with children. Scandinavians eat a delicious colostrum pudding topped with honey to celebrate the birth of calves and good health. "In 1799," states Dr. Wright, "a Dr. Hufeland studied the effects of colostrum on the health and growth of newborn

*Continued on next page ▶*

cattle. Colostrum was widely researched and used for its immune powers all over the world up until post World War II [after which time antibiotics and sulfa drugs eclipsed the natural remedies that had been healing people for centuries]. In particular, it was routinely prescribed to treat Rheumatoid arthritis. " In 1950 Dr. Albert Sabin discovered that colostrum contained polio antibodies. He refined these antibodies and developed the first anti-viral vaccine.

Colostrum is a broad-spectrum supplement. In the book, *Colostrum, Life's First Food*, Dr. Daniel G. Clark touts the many benefits of bovine colostrum. It "rebuilds the immune system, destroys viruses, bacteria and fungi [including *Candida Albicans*], accelerates the healing of all body tissue, helps burn fat, increase bone and lean muscle mass and slows down and even reverses aging." Clark explains that the immune factors present in colostrum can play an important therapeutic role in the treatment of many diseases and illnesses including cancer, heart disease, diabetes, rheumatoid arthritis, multiple sclerosis, chronic fatigue, Crohn's disease, allergies, herpes, HIV and a range of other bacterial and viral pathogens.

### **Research Validates Colostrum's Effectiveness**

Skeptics - beware! Over 2000 published research papers support these claims. Scientists at the Institute of Immunology in Warsaw, Poland made one important finding in 1983. They discovered a small protein called Polyprotein-rich Peptide (PRP) present in bovine colostrum which was shown to have anti-inflammatory properties. But even more impressive is the discovery of PRP's role in the regulation of the immune system via the thymus gland.

The thymus is located behind

the breastbone. It secretes thymosin, a hormone that strengthens the immune response. T-cells, which have many functions in the body's immune response, mature in the thymus gland. After we reach adolescence, the thymus gland starts to shrink. This may contribute to the body's difficulty in fighting off invaders such as viruses and bacteria. What makes the discovery of PRP significant is the fact that scientists were able to regenerate " the shrinking thymus gland, so that it may function as it was once capable," writes Brad King in an on-line article entitled "Anti-Aging Nature's Way" ([www.healthylivingguide.com](http://www.healthylivingguide.com)). King states that " PRP exhibits a dual role on our immune response: one, it activates an underactive immune system, stimulating it to move into action against disease-causing organisms, and two, it suppresses an overactive immune system often seen with autoimmune diseases like MS, rheumatoid arthritis, diabetes, lupus and allergies."

Recent studies have shown that bovine colostrum is effective in reducing the incidence of disease from exposure to pathogens such as rotavirus, *Campylobacter jejuni*, *Cryptosporidium parvum*, and enterotoxigenic *Escherichia coli* (*E.Coli*).

Leaky gut syndrome also responds well to colostrum. Exposure to pathogens such as viruses, bacteria yeasts and parasites as well as other factors such as poor diet, stress and alcohol consumption cause Leaky Gut Syndrome, resulting in an intestinal wall which is more permeable than normal. This causes poor absorption of nutrients from food, diarrhea and allergies. The immune enhancing components of colostrum are able to fight the pathogenic causes of Leaky Gut syndrome, and the growth factors are able to heal and replace the damaged intestinal cells.

### **The Role of Growth Factors**

While the immune factors in colostrum serve to protect the body

from foreign invaders and fight disease, research has demonstrated that the growth factors in colostrum can repair and reverse the damage caused by disease. Studies have shown that these growth factors:

- Regenerate and accelerate normal growth for aged or injured muscle tissue, bone, cartilage, skin collagen and nerve tissue.
- Burn fat for fuel instead of muscle tissue when fasting or during strenuous exercise.
- Build and retain lean muscle mass.
- Repair our body's essential DNA and RNA.
- Balance and regulate blood sugar levels.
- Help burns, surgeries, cuts abrasions and mouth lesions with topical application.
- Control infection and pain associated with sensitive teeth, dental caries and dental work.
- Help regulate blood glucose (sugar) levels - especially helpful for diabetics - reducing their need for insulin.
- Provide greater alertness and better concentration.
- Help regulate the brain's "sense-of-well-being" chemicals (serotonin and dopamine) to brighten our moods.

(Source: [www.healthalternative.org](http://www.healthalternative.org))

Genetically engineered versions of growth factors IGF-1 (insulin-like growth factor) and GH (growth hormone) are now marketed by pharmaceutical companies as anti-aging and AIDS drugs. They are found naturally and in high concentrations in colostrum.

### **Is Colostrum Safe?**

According to Dr. Robert Preston, with the International Institute of Nutritional Research, colostrum is "so harmless, it has been prepared by nature as the first food for infants. It would be hard to imagine any nutritional substance more natural or beneficial." Through hundreds of years of human use, there have been no reported or known negative reactions, side effects or allergies with bovine colostrum. Those with lactose intolerance will have no problems consuming bovine colostrum.

**When purchasing colostrum ask these questions:**

1. What country do you get your colostrum from? Does the USDA inspect the colostrum you carry?
2. What is your USDA license number?
3. Is the colostrum organic and free of genetically engineered hormones and antibiotics. We recommend the powdered form versus capsules since most gelatins are derived from animal sources.

If you are interested, you may want to have your particular brand of colostrum tested at an independent lab. If the sample has a high total immunoglobulin level then all the immune and growth factors will be high as well. The cost ranges from \$40 to \$65 for a total immunoglobulin Panel. ●

**Independent testing laboratories:**

VMRD  
 NW 115 State Street  
 Pullman, WA 99163

Woodson-Tenent  
 3507 Delaware Avenue  
 Des Moines, IA 50305

# 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: (\_\_\_\_\_) \_\_\_\_\_

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

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

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

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

***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](http://www.gerson.org/supportnet.htm)**

## Update from Last Issue:

In the Sep.-Oct., 1999 issue of the Gerson Healing Newsletter (Vol. 14, No. 5), we referred to the organization known as D.A.M.S. as "Defense Against Mercury Syndrome." The actual title is now, "Dental Amalgam Mercury Syndrome," and their new phone number and address information is:

**DAMS, Inc.  
 P.O. Box 64397  
 Virginia Beach, VA 23467-4397  
 1-800-311-6265**

D.A.M.S. is a grass-roots non-profit organization dedicated to educating the public about the hazards associated with mercury amalgam dental filling, root canal therapy and cavitations.

# We Salute Luke Stewart of Harbor House Coffee

For many years the Gerson Institute has enjoyed a warm relationship with Luke Stewart, owner of Harbor House Coffee Company. Luke has been a caring and considerate friend, offering Gerson patients a substantial discount on organic coffee. As our members know, organic coffee plays a vital role in the Gerson Therapy.

Mr. Stewart has the distinction of being a pioneer in the organic foods industry. When Harbor House

opened its doors for business in 1978, they were the only company in the United States that offered consumers organically grown coffee. Harbor House maintains excellent standards and they receive organic certification annually.

We feel that Luke deserves a prize for his noble efforts - a Nobel Prize, of course!

- Charlotte Gerson  
 for the Gerson Institute

# Healthy Holiday Recipes

## Tasty Selections for Your Holiday Table



### HEALTHY HOLIDAY MENU

*Appetizers: Melon (of choice)*

*Babaganoush w/ vegetables*

*Potato Soup*

*Sourdough Squash Rye Bread*

*Red and Green Salad with*

*spinach dressing*

*Veggie Stroganoff*

*Stuffed Pepper*

*Dessert: Apple - Sweet Potato*

*Pudding - or - Apricot and*

*Apple Crumble*



Holidays are difficult times for Gerson patients - Fight the Temptations with These Delectables!

This holiday season why not include family members in the preparation AND partaking of a nutritious Gerson meal? Relax and enjoy a celebration of life and good health! All of us at the Gerson Institute wish you a happy holiday season.

#### **Babaganoush**

*1 large eggplant*

*2 cloves garlic*

*1 tsp lemon juice*

*1 tablespoon chopped parsley*

*Lemon wedges*

Bake eggplant at 350 degrees Fahrenheit for one hour. Let cool, peel and drain off excess liquid, squeezing gently. Blend with garlic until fairly smooth, add lemon juice and parsley. Mix well. Serve with raw dipping vegetables such as celery, carrots, and cauliflower, peppers.



#### **Potato Soup**

*1 large onion*

*1/2 small celery knob*

*parsley*

*2 large potatoes*

*1 leek*

*2 stalks celery*

*2 quarts water*

Clean and dice all vegetables. Place in covered saucepan with water. Bring to boil. Lower heat. Cover. Simmer 2-3 hours. Mash through food mill.



#### **Sourdough Potato Rye Bread**

*1 cup Sourdough Starter (see below)*

*2 cups mashed potatoes*

*1 1/3 cups potato cooking water*

*2 cups whole wheat or rye flour \**

*1/4 cup molasses (unsulphured)*

*1/3 tsp caraway or fennel seed*

Mix ingredients in large non-metal bowl. Cover and let stand in warm place for several hours (or overnight for a very sour loaf).

#### **Add the following:**

1-1/2 to 3 cups rye flour as needed to make a workable dough. Turn onto floured board and knead for 5-10 minutes. Let dough rest for 5 minutes, then form into round or baton shaped loaves. Place on Teflon or regular bake sheet (ungreased) that has been well coated with raw oat flakes to prevent sticking). Let bread rise until almost double (when bread does not spring back when slightly touched). Bake at 350 degrees for 50 minutes to one hour. For a very chewy crust,

place a pan of water in bottom of oven to create steam, or baste bread several times during baking with water. For soft crust, do not steam or baste. Immediately wrap loaves in cotton towels upon leaving oven. Let bread cool before cutting.

\*Dr. Gerson allowed patients to use 1/3 wheat to 2/3 rye flour. The bread is delicious with or without wheat.

### Red and Green Salad w/ Spinach Dressing

- 1 head Romaine lettuce
- 2 cups shredded savoy or green cabbage
- 3 green onions
- 1 cup sunflower greens - or any available small salad greens such as arugala or dandelion greens
- 2 kohlrabi cut in shoe string strips or peeled broccoli stems
- 1 thinly sliced yellow crookneck squash
- 1 pint cherry tomatoes or 1 large sweet red pepper cut into strips

Combine ingredients and serve with spinach dressing.

### Spinach Dressing

- 1 cup non-fat yogurt
- 2 cups spinach - chopped raw or one cup spinach, cooked
- 3 green onions, chopped
- 1-2 tsp vinegar
- 1/2 tsp dill weed
- pinch mace

Place ingredients in blender and process until smooth.

### Veggie Stroganoff

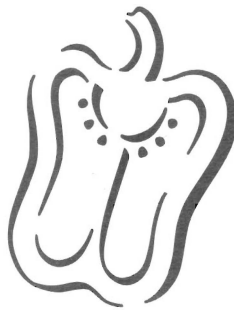
- 1 cup onion, diced
- 1 cup eggplant, diced
- 1 1/2 cups cauliflowerets or cabbage
- 1 1/2 cups sliced carrots or tomatoes

- 1 cup broccoli or green peppers
- 1 cup celery or zucchini, sliced

Stew vegetables for 1 1/2 hours until tender (you may want to add soft vegetables like tomatoes and zucchini last). Set aside and let cool to 140 degrees while making sauce as follows:

- 3 tablespoon wine or cider vinegar
- 1 tsp dill weed
- 2 cups yogurt
- 1 cup cottage cheese (non-fat, saltless)
- Green onions or parsley for garnish

Blend sauce until smooth. Mix with warm veggies. Serve over a bed of baked spaghetti squash or cooked brown rice. Garnish with chopped green onions or parsley.



### Stuffed Pepper

- 1 large green or red pepper
- 4 oz. Pot cheese
- 1/4 onion
- 1 zucchini
- 1 small carrot
- 3 tomatoes
- 1 small turnip
- 1 clove garlic
- 1 tablespoon fresh mixed herbs
- 4 oz. Hippocrates soup (found in *A Cancer Therapy and the Gerson Therapy Handbook*)

Put the pepper in a saucepan with a little water and cook over low heat (covered) until tender. Remove from the pan and leave the pepper upside down to drain and cool.

Finely chop the onion, zucchini, carrot, herbs, tomatoes, turnip and garlic. Place in a small saucepan

with the soup and simmer over low heat for 45 minutes to an hour.

### Apple-Sweet Potato Pudding

- 1 tsp raisins
- 1/2 cup bread crumbs
- 1/2 cup orange juice
- 1 sweet potato (boiled, peeled and sliced)
- 1 apple (raw, peeled and sliced)
- 1 tsp brown sugar

Place sweet potato slices in baking dish with apple slices and raisins spread with bread crumbs, sugar and orange juice. Bake in oven for 30 minutes. Serve hot with 3 tsp yogurt if desired. (**Note:** never use commercial bread crumbs).

### Apricot and Apple Crumble

- 1 lbs fresh apricots (or 8 oz dried, soaked overnight and stewed until soft)
- 1 lb green apples

#### Crumble Mixture:

- 2-3 cups rolled oats
- 1/3 cup maple syrup
- Pinch allspice
- 1-2 tablespoons brown sugar

Mix together all of the ingredients for the crumble. Halve apricots and remove stones. Core apples and slice. Arrange in layers in a Pyrex-type dish (ovenproof). Place in the oven at 450 degrees Fahrenheit for 25-30 minutes or until golden brown. ●



# My Story of Change:

K.C. Collins

By K.C. Collins

In June of 1997, I was at the top of the heap. I had just graduated from Cal State with honors, a BS in Kinesiology and a certificate in Adapted Physical Education. I passed my CBEST test for teaching and was setting out after 28 years of working in sales to finally do what I have always wanted to do, that was to teach. I had served three of my four years as a board member and was looking forward to my year off, spending time making up lesson plans. I had contacted schools here in the high desert and found that the timing was good for a teacher with my qualifications. As a matter of fact I was offered a substitute teaching position as soon as I could clear my first aid requirements and get a TB shot. I went to a teaching conference in August at San Luis Obispo, and met many inspiring teachers in my field. I came back with even more enthusiasm to start my new career in September.

Then my life changed. I was diagnosed by Dr. Charlotte Resch of Kaiser Permanente in Fontana, CA with stage three breast cancer in September of 1997, who detected a tumor that measured 5 cm. I couldn't believe it. I had always been healthy. I ran three miles a day, never was more than five pounds overweight, and had no history of breast cancer in my family. My first reaction was to do nothing, after all it was "God's Will," and I thought he wanted to kill me. It took much persuasion on the part of my friends and husband to let me know I was loved enough to continue living. I wouldn't let my husband tell our children what was going on with me. I felt it was a sign of weakness and I didn't want anyone's pity. After all, I had always been the tough one who would take on

any fight, even if it wasn't mine.

From the day that I decided to live I became very busy. I had gone to five surgeons, two oncologists, six plastic surgeons and one naturopathic doctor to interview them about my options. They all agreed my best chance was to opt for a complete mastectomy and reconstruction. The oncologist encouraged chemo and radiation if any cancer was found in my lymph nodes. So I decided to tell the kids and go for the surgery. I put it off for a few months, as I had some business to take care of first.

On December 5, 1997, I went under the knife. I had decided on a doctor in Woodland Hills, which made it hard for my friends here in the high desert to visit. However, I was pleasantly surprised to find that several did make the long trip to see me, and it was in the pouring rain too.

The next day after the surgery was the worst day in my life on planet earth. I had been mutilated and told that the cancer was indeed in my lymph nodes. My husband and I just cried and held each other. On the way home my head was swimming with left over drugs, and much chatter about what I was going to do now. I had seen the happy "poster women," who were battling cancer with turbans of bright colors instead of hair, flowing clothes to cover their thinness, and their perfect makeup on their white, white skin. I just couldn't see myself in that picture. So I decided to fire the oncologist and go with the naturopathic doctor.

On December 27, 1997, I checked into the Gerson Healing Center in Sedona, Arizona for three weeks. They put me on a detox regime that was harder than anything I ever did in my life. I went



down from 127 pounds to 116. I could barely get out of bed for those three weeks - needless to say the beautiful view in Sedona was wasted on me. So let it not be said that nutritional healing is only for sissies. I knew that if I could survive this, I would survive the cancer. I did have one thought that has helped me along the way and that is the belief that if you give the body what it needs to live, it will.

I came back home and looked for a cancer support group. I found two groups that I liked. One was informational and the other was spiritual. I knew I couldn't do this all by myself. I happen to be the only one in those groups that is treating cancer with nutrition. A few of the members were not ready to hear anything about alternative methods to healing cancer, but most were curious, and some were even open to the idea. In these groups, we share our strengths,



hope and love among members as well with families and friends. Since I have been going to my groups, some of our members have died and some are not doing well. I never realized what a devastating disease this is until I became involved. I had always looked away from cancer before and would barely say the word, fearing that I may be diagnosed with this dreaded disease.

I have been on the Gerson Therapy for over a year and a half and I have another year of strictly adhering to it. The therapy has been adjusted to a less stringent regime and some new foods have been added. I have gone back up to 128 pounds, feel great most of the time, and my friends say I look healthy. I plan to stay on it at least 80 percent of the time the rest of my (long, I hope) life. I have been blessed with the support of my husband, both emotionally and monetarily to be able to continue with this therapy. I have my blood work done every six to eight weeks, and it has been showing good results. I have just completed my last reconstruction surgery in March of this year, and now fit into a bathing suit with only minimal scars showing.

For the last year I have been working on my Doctor of Divinity degree and should finish it by the end of June. I plan to become an ordained minister and teach nutrition and health to others through the application of the first amendment to the Bill of Rights. I don't know why I came down with cancer or why it showed up in my life, but I do know that I am grateful for the people it made me come in contact with and for the information it made me seek. I don't plan to waste these opportunities in life to grow and become what I am intended to be. With the help of others who have gone before me, I know I can make a difference. ●

# Biotech Update: Some Recent Victories

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Excerpted from the Syracuse *Cultural Workers -Tools for Change 1999/2000* Catalog. Website: [www.syrcculturalworkers.org](http://www.syrcculturalworkers.org)

1998/1999 - Monsanto's attempts to prevent the publication of *Against the Grain* and *The Ecologist-Monsanto Files* fail. This book is available through SYC's web site.

5/17/99 - The British Medical Assn. (U.S. AMA equivalent) calls for a moratorium on genetically engineered foods and crops, declaring need for "independent" research. Criticizes U.S. position of no labeling and no pre-market safety testing. "Gene interaction of unexpected kinds may take place..." and could lead to the development of new allergies and antibiotic resistance in humans."

6/21/99 - Brazil bans planting of Roundup Ready soybeans until regulations defining biosafety and labeling requirements can be put in place.

6/24/99 - European Union ministers formalize the defacto moratorium on GE foods - it will remain in effect at least until 2002, when more stringent EU safety regulations are expected to be in place.

6/30/99 - GATT Codex Alimentarius in Rome again refuses to certify the safety of recombinant Bovine Growth Hormone (rBGH) for humans. Indian government bans its import; New Zealand distributor withdraws its application under public pressure. Canada continues its ban.

7/99 - Gerber Products (owned by biotech giant Novartis) announces it's dropping suppliers of bio-engi-

neered soy and corn products.

10/5/1999 - Monsanto drops "terminator seeds" from its line-up.

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## **Monsanto's Seeds to be Fertile Seed Sterilization Would Be More Expensive to Farmers**

*The Associated Press*  
S T. L O U I S, Oct. 5

The Monsanto Co., one of the giants in agribusiness, has promised not to experiment with biotechnology that leaves seeds sterile - a possibility that has raised fears among critics of gene manipulation.

Monsanto Chairman Robert B. Shapiro said concerns have made it important to stress his commitment against the practice of manipulating three genes to make a seed good for only one planting cycle.

His comments were contained in a letter sent to Gordon Conway, president of the Rockefeller Foundation, which says gene-altered crops can help reduce world hunger but opposes the idea of sterile seeds.

## **Technology for Poor Farmers**

On Monday, Conway called Monsanto's decision a first step in making "the fruits of plant biotechnology" available to poor farmers worldwide.

Producing crops with infertile seeds - dubbed the "terminator" technology by critics - could prove very valuable to agribusinesses, which already make genetically altered seeds resistant to insects and herbicides.

Opponents fear companies could begin offering those traits only in

*Continued on next page ▶*

## Biotech Update

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sterile seeds, which would require farmers to buy them each year rather than replanting seeds gathered from mature crops. Monsanto has been criticized over the issue even though it didn't develop the technology, hasn't done research on making sterile seeds and doesn't expect sterile seeds to become a commercial prospect for at least five years.

### Separate Company Created Tech

The terminator technology was developed by the U.S. Department of Agriculture and Delta & Pine Land Co., the world's largest cotton seed company.

It was patented in 1998, two months before Monsanto offered to buy Delta, a bid awaiting antitrust review by the Justice Department. Delta said Monday that it would continue trying to commercialize

the seed sterilization technology based on its agreement with the Agriculture Department.

"The system offers valuable uses for breeding and scientific purposes, as well as beneficial environmental qualities," said Harry Collins, Delta's vice president of technology transfer. He said the technology has been "misrepresented" by opponents.

Monsanto spokeswoman Scarlett Foster said the St. Louis-based company still may use sterile seed technology in internal research, but will make sure no commercial products are infertile. She told The New York Times that it also would refuse to license the USDA-Delta project if the cotton seed company is acquired. ●

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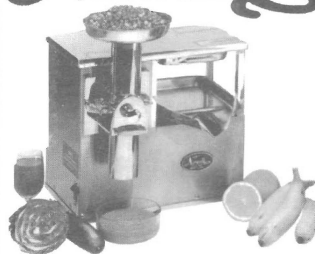
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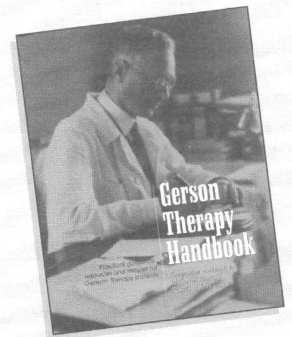
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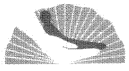
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