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NEWSLETTER

Vol. 15, No. 1
Jan. - Feb., 2000

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

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Children Learning to Eat Right



By Echo Maillet

So what is the average child's breakfast before starting the day? Well I was absolutely shocked when I asked that question. What I discovered was that most children do not even have breakfast. For those who do, it usually consists of a bowl of packaged, sugar-coated cereal, with a little milk. There may also be some white bread, toasted with butter or margarine, and covered with peanut

butter or jam (both of which contain a large amount of sugar, not to forget salt, oil and preservatives). That was fairly typical, with the few who might have eggs with bacon or sausages and white toast. Most felt they did not have time to take a proper breakfast or they did not feel hungry in the morning, after all, they were still tired from going to bed so late and

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GERSON HEALING NEWSLETTER

Vol. 15, No. 1, January - February, 2000

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Children Learning to Eat Right

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having a large peanut butter sandwich before retiring. That's just the beginning of the day. Then they rush out to the vending machine (which is conveniently located in the halls of most schools today- well stocked with sugar laden oily junk food) to get a pick-up before lunch, which will usually consist of a pizza, soda, submarine sandwich or a burger and fries. Then comes supertime. They are usually not that hungry because of the liberal amount of potato chips, soda and candy bars that have been consumed before going home. So after a small portion of supper (mostly cooked, refined processed foods) they are hungry at bedtime. Well off goes the cycle again!

So what's the big deal - "they got something in their stomachs!" Or did they? The whole day their blood sugar has been on a roller coaster and consequently so have their moods, frustrations and emotions. Between the oil, sugar and salt consumption there is no way they were able to obtain any nutrition to meet their body's daily requirements. That means they were running on a negative fuel load and that is exactly why we are seeing more terminal diseases in our young people now. (Diabetes, heart disease, obesity, eczema, asthma and cancer and many other terminal and degenerative diseases.) Cancer has become the number one killer of children today, it used to be accidents.

Why is cancer the leading cause of death among children? I suggest that this is due to the poor diet our children are eating. I can not even call it food that they are consuming, as that would imply it to have nutritional value, which it does not. With the exception of possibly a slice of tomato and a piece of iceberg lettuce on their burger that day, they usually receive little to no live fresh food in a day. Had we not been so marvelously made in the beginning by our Creator we would probably not

have survived so long, nevertheless there is a limit on how much abuse the body can take. It is just this kind of abuse that we have been sowing for the last few hundred years that has caused us to reap the consequences of disease in our youth today. Did you know that the majority of young adolescents can not reproduce anymore? The majority of teens' first pregnancies end in miscarriages - due to the unhealthy conditions of the bodies today. Health is required to reproduce and even in nature the animals recognize that as pointed out by the study called Pottenger's Cats (available through the Gerson Institute).

As I did my internship at the Gerson facility in Tijuana (as part of my training to become a Gerson Practitioner), it was not uncommon to find the patient to be the young person and the companion to be the parent. This was true in at least half of the patient population that I had worked with there. We

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Is Your Child Eating Right?

- Choose whole, organic foods, especially fruits and vegetables.
- Limit refined sugar. Substitute sugary soda with herbal, fruit-juice sweetened tea. Choose fruit-based desserts over sugary desserts.
- Be sure your child is eating enough protein. Many children eat too many carbohydrates and too little protein. This can lead to hypoglycemia, with symptoms resembling those of Attention Deficit Hyperactivity Disorder.

Source: Judyth Reichenberg Ullman, N.D., (co-author of *Ritalin-free Kids (Prima)*), *Delicious!* September, 1998.

Emerging Scandal in Vaccine Mandates

By Phyllis Schlafly

July 28, 1999

A scandal in mandatory mass vaccinations of infants is beginning to surface. Vaccine-caused injuries have just forced the Clinton bureaucrats to make four sensational announcements that bugle temporary retreat from their plans to force all American children to submit to government-dictated medical treatment.

On July 15, the Centers for Disease Control (CDC) and the American Academy of Pediatrics (AAP) halted the use of the oral rotavirus vaccine, which is given to infants to prevent one of the major causes of diarrhea, after reports that the vaccine caused a bowel obstruction in some infants that required surgery to repair. The bowel obstruction, called intussusception, results when one portion of the bowel slides inward, like a telescope, into another part of the bowel and causes blockage. A previously healthy infant suddenly screams in paroxysms of pain.

In its initial trial, the rotavirus vaccine appeared to cause intussusception at 30 times the average rate, but the government pretended that those injuries were insignificant. Instead of testing further, the CDC and the vaccine manufacturer subjected babies to more than a million doses of this unnecessary, expensive, and inadequately tested vaccine.

While the risk of intussusception may have been mentioned on the package insert, it was not on the vaccine information statement given to parents. The arbitrariness of government vaccine mandates is shown by the fact that, for the pre-

vious year, CDC was demanding that the vaccine be given to all infants, and now suddenly a CDC spokesman is saying, "No one should now be giving rotavirus vaccine to anyone."

The second sensational vaccine announcement came on July 9, when the U.S. Public Health Service (PHS) and the AAP issued a joint statement canceling their previous recommendation to inject all newborns while they are still in the hospital with the hepatitis B vaccine. PHS and AAP now recommend that vaccination of newborns be limited to those who are at risk of getting hepatitis B from their infected mothers.

Their remarkable backtracking from the universal mandate for newborns must have resulted from the widespread publicity given to the many cases of vaccine damage causing lifetime injury or death reported on ABC's 20/20 and at the May 18 hearing conducted by the U.S. House Subcommittee on Criminal Justice, Drug Policy and Human Resources. PHS and AAP continue to recommend the hepatitis B vaccine for infants at 2 to 6 months of age, even though few of them are at risk.

Meanwhile, 42 states require the hepatitis B vaccine for school children, although teachers and health care workers are not required to receive it. The legislator who sponsored the hepatitis B mandate in Ohio admitted that he did so at the request of a vaccine manufacturer lobbyist, while Governor Christine Whitman is trying to impose a New Jersey requirement administratively without legislation.

In another announcement the same day, PHS-AAP issued a joint statement that revealed the risk to children of vaccines containing mercury and called on the FDA to "assess the risk of all mercury-containing food and drugs." A mercury product called thimerosal is used as a preservative in many vaccines, even though the FDA last year banned its use in over-the-counter products for safety reasons.

Under the current CDC schedule, most infants receive a total of 15 doses of mercury-containing vaccines by the time they are six months old, many given simultaneously. The fact that the FDA has prohibited the use of thimerosal for most products, but continues to allow its use for vaccines, sounds like political corruption in the vaccine approval process.

The National Vaccine Information Center has been criticizing the use of mercury in vaccines for many years. Contact lens solution bottles routinely advertise that they contain "no thimerosal," yet any damage to adults from contact lens solutions must be minuscule compared to the same product ingested or injected into infants.

The fourth announcement came on June 17, when government officials voted to withdraw their recommendation for the use of the live polio virus vaccine, and to recommend the "exclusive" use of the inactivated poliovirus vaccine. Since 1979, the only polio cases in the United States have been caused by the live vaccine because, taken by mouth, it travels through

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the child's body and can cause polio in a parent changing the diaper.

The unjustified delay in converting to the safer polio vaccine is due to mandatory vaccination laws that require the public to use a certain product. The government still demands that babies be given four doses of polio vaccine, even though, according to Surgeon General David Satcher, M.D., "The Western Hemisphere was certified by the World Health Organization (WHO) as polio free in 1994, and no case of polio has been reported in this region since 1991."

We are long overdue for a Congressional investigation into the validity of research and licensing standards for vaccines, the results of clinical trials (if any), the motivations of the vaccine policy-makers, and the lobbying activities of the cash-rich pharmaceutical corporations whose profits depend on universal mandates rather than on sales to those at risk for various diseases. ●

(This article can be found on-line at: <http://eagleforum.org/column/1999/july99/99-07-28.html>)

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Healing Minor Childhood Illnesses Naturally

By Susan DeSimone

This cold and flu season, why not take a giant leap of faith? Instead of relying on over the counter drugs such as aspirin, acetaminophen (Tylenol® and others), ibuprofen (Motrin®, Advil® and others) and other medications, learn to step back and let your child's body heal itself naturally. Your role will be to support your child and make him or her as comfortable as possible.

Most common illnesses are inflammations. They are often referred to as "infections" - but this term is misleading. We are always exposed to and often harbor germs, yet only occasionally do we get sick or "infected." So why do our children get sick?

"In order to be healthy we must keep an inner balance in body and soul while all the time growing and changing from birth to death," writes holistic, anthroposophical pediatrician Philip Incao of Boulder, Colorado in his patient handout. "Childhood is the time of most rapid growth and dramatic change, and a child will remodel and renew his body many times as he grows. Every remodeling job requires some demolition, a breaking down of part of the inherited bodily structure in order to rebuild it better. This breaking down of old cells and tissues results in debris, which must be cleaned up before the body rebuilds itself. It is the immune system that does the breaking down by creating fever and inflammation to destroy and digest foreign or outworn bodily material. And it is the immune system that cleans up the digested material and debris by pushing it out of the body. That is why chil-

dren so often have skin rashes and discharges of mucus or pus, because their immune systems are actively working. Debris that remains in the body may act like a poison, or may cause allergies or repeated inflammations later on. Germs do not "attack" us, but they often multiply wherever the body's living substance is dying, breaking down and being discharged.

"Every childhood inflammation, every cold, sore throat, earache, fever and rash is a healing crisis (a term very familiar to Gerson patients) and a cleansing process, a strong effort made by the human body so that it can be a more suitable dwelling. Aspirin, acetaminophen, ibuprofen, antibiotics and other anti-inflammatory drugs cool down and suppress the "fire" of the immune system so that the symptoms subside before the illness has fully worked its way out of the body.

[It is important to note that children who adhere to the Gerson lifestyle - eating organic fruits and vegetables, keeping the body free of toxins (as much as possible), have immune systems which are strong enough to ward off a viral or bacterial illness. Since their immune systems are functioning at an optimal level, discarded body tissues are efficiently removed; thus they rarely ever reach the point where an inflammation is needed to rid the body of toxins. Pasteur, on his deathbed, commented that it's the "terrain" and not the germ that leads to illness. A "Gerson Person's" terrain is squeaky clean and therefore, is not susceptible to the overgrowth of contagion that causes common illness].

At the onset of any inflammation, fever, cold, etc., Dr. Incao recommends the following:

1. Give infants a glycerin rectal suppository. (For adults and children over one year of age, he recommends a Dulcolax® suppository). An enema may be used in older children. (Do not use any of these if the child has diarrhea). After the initial suppository or enema, it is important to keep the cleansing going until the illness is all better by giving a [small "bulb" coffee enema] once daily for 3-5 days.

(After the first 3-5 days and until fever and pain are all gone, stewed prunes will help keep bowels loose).

Children under one year: Give fennel tea diluted with juice from stewed apricots and prunes.

2. Drink lots of herb teas, especially horsetail, which cleanses the kidneys.

3. Diet: When a patient is coming down with any type of inflammation, it is important to restrict their diet. Since the body is trying to "digest" and eliminate toxic substances, it will help if your child doesn't have to digest food at the same time. The

general rule is to AVOID PROTEIN FOODS during acute illness. These are meat, eggs, dairy, nuts, fish, and legumes (beans, peas, lentils, and soy). Your child should have a mainly liquid diet of vegetable broth (carrots, onions, beets, etc), herb teas and juices, but no juices colder than room temperature. Fruit, cooked vegetables, grains and light crackers are also suitable.

When we are sick, it is always better to eat less. If your child is not hungry, then s/he is better off not eating. "The return of appetite is a sign of getting over the illness," states Incao, but those first meals after the fever is gone should be light ones. Don't be too eager to have your child regain the lost weight, children recoup their weight loss, and then some, quite rapidly. After the illness, reintroduce the restricted foods gradually and carefully."

4. For colds and flu, use a steam vaporizer with Eucalyptus Oil.

"It rarely happens in healthy people that the inflammatory response of the immune system gets out of control. In such cases an antibiotic is indicated (for bacterial illnesses only). Although an antibiotic may be lifesaving, it never heals an inflammation; it only suppresses it. The cause of the inflammation must still be healed after the antibiotic treatment, otherwise the immune system may remain weakened."

Body Warmth and Fever

The normal body temperature in a healthy child is 98.6 degrees Fahrenheit or slightly higher, but preferably not lower. A sub-normal temperature is an indication

that the body is not generating enough heat. "Viruses and bacteria in us grow faster when the body temperature is lower, and they are destroyed faster by the body's immune system when the body temperature is higher," explains Incao. "Children should be dressed in natural fibers with 3 layers on top and two on bottom. Wool socks are very helpful to support a healthy body temperature. Children under 3 years especially should wear caps to protect from body temperature loss and the intensity of the sun."

"Fever convulsions are caused, in susceptible children, by a very rapid rise in temperature early in an illness, often before one is even aware of the fever. They occur

from 6 months to 6 years of age and they do not cause permanent damage. As a rule, if a convulsion has not occurred in the first 24 hours of the fever, then it is not likely to occur.

"Certain diseases and immunizations may, rarely, cause brain damage or convulsions in children and adults, regardless of whether the fever is high or low. But fever itself, even when 104 degrees Fahrenheit or over, will not cause brain damage. (In certain treatments, patients are heated to a body temperature of 107 degrees Fahrenheit for 2 hours with no damage whatsoever).

"Therefore, when a patient has a fever, dress him or her even more warmly than usual with several layers of cotton and wool. The general rule of thumb is 4 layers on top and 3 on bottom during illness. Keep the patient warm enough that the cheeks are red, (but do not cover to the point of perspiration). The body in its wisdom wants to be hot in order to burn out the illness. Do not give the patient aspirin, acetaminophen, ibuprofen or baths.

"If a child or adult with a high fever is very uncomfortable and restless, rub the arms and legs and head with a washcloth moistened with tepid water and Arnica Essence (available at health food stores). Do not undress or expose the patient from neck to knees. Rub vigorously to make the skin red and this will help to dissipate excess body heat through the skin." Make sure your child drinks frequently as dehydration can increase body temperature.

Dr. Incao recommends using a Lemon Calf Compress if the child is uncomfortable from a high fever. Before using the compress, the feet must be warm. If they are cold, rub them first or use a covered hot water bottle to keep them warm. To make the Compress use cotton knee socks or a long strip of rolled-up cotton sheeting. Cut 1/2 lemon in a bowl of warm water, scoring the skin to release etheric oils in the water and then expressing the

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Cornell Alumnae Magazine Reports on "Vegging Out"

By Charlotte Gerson



A good friend, member and regular contributor of the Gerson Institute clipped an article from the May/June 1999 issue of his copy of the Cornell Magazine. We are always grateful when our interested and alert readers pass along material they run across that is of general interest to all the Gerson family.

The item we received is titled, "Vegging Out" and it reports on research done by Dr. Campbell, a Jacob Gould Schurman professor of nutritional biochemistry. He is also a co-chair of the World Cancer Research Fund. The results are those obtained by the China-Oxford-Cornell Diet and Health Project, a 20 year long study of thousands of villagers living in mainland China and Taiwan. One of the results of the study shows that 80 to 90 percent of all cancers, heart disease and diabetes could be eliminated for people under 90 years of age through a vegan diet. Dr. Campbell calls the above degenerative diseases "diseases of affluence" and shows from his studies that poor people, as long as they have a wide variety of vegetarian foods, do not show those diseases.

The study was based largely on the work done by the Chinese Academy of Preventive Medicine. It covered 10,000 adults who were followed over several years. Campbell reports that the results were indisputable: "...those people who ate less meat and dairy were healthier than those who ate more and those who ate none at all were the healthiest." He also reports that the vegans ate more calories

but had lower body weight. Another important point that was brought out in the study, and that we have maintained for a long time, was that it is not true that vegans' diets are nutritionally deficient. Campbell states that those who eat a wide variety of vegetarian foods, (roots, stems, leaves, flowers, seeds, etc.) are obtaining adequate nutrients "especially if those foods are organic"

We are always delighted when 'orthodox studies' bear out any part of Dr. Gerson's work and results. Of course, he was able to show that the vegan nutrition not only prevented the degenerative diseases of aging but was able to reverse and cure them. What is also important about the above research is that, finally, the argument is brought out and negated that we are of the class of hunters. The researchers feel that we are more "gatherers/hunters" and that our physiology is more like that of the plant eating animal.

In spite of the positive tone of the article, the author (Maria Korolov Trombly, 1990) feels that it is bad news that, in order to eliminate cancer, heart disease and diabetes we also have to forego the consumption of hamburgers, including all meat, chicken and fish as well as eggs and milk. This would eliminate cheese, frozen yogurt, and cream along with stimulants, including coffee, alcohol and cigarettes, of course.

Food Science Professor David Barbano is also skeptical. He claims that eliminating milk products will reduce the calcium content of the diet. Of course that point has already been addressed by numerous researchers; the cal-

cium in milk is not well utilized - on the contrary, the excess protein the milk adds to the diet tends to force the body to neutralize the resulting phosphorus levels in the blood by taking calcium out of the bones. In other words, milk consumption does not eliminate but, on the contrary, contributes to osteoporosis.

Professor Campbell also believes that a vegan diet is especially important for kids. He goes on to warn, "The first indications of heart disease, fatty deposits in the coronary arteries, begin appearing by the age of three (!) in children eating a typical American diet. By age twelve, nearly 70 percent of children are affected and early stages of disease are found in virtually all young adults by the age of twenty-one."

Campbell closes on a positive note: "Damage done by a high protein diet can be reversed. ... Dr. Benjamin Spock, with whom I collaborated in the last few years of his life, is one example. At eighty-eight, he was not well. Then he switched [to a vegan diet] and lived quite well until ninety-three. He told me that he felt much better."

We, at the Gerson Institute, have also seen total reversal of clogged arteries with the Gerson Therapy even at an advanced age. But it is nice to find that other researchers now more often agree and/or come to the same conclusions. ●

<http://www.cornell.edu>

Notes from Charlotte

By Charlotte Gerson

Root Canals Removed

Since the publication of our article on the dangers of root canals, we have had various patient reports on the benefits that they have experienced after their root canal damaged teeth were removed.

The following item, received by fax, is extraordinary and revealing. The Hungarian lady who sent in this report has been on the Gerson Therapy for breast cancer for over a year and a half. Nevertheless, she had the most amazing set of "healing reactions" after one of her two root canal teeth came out:

"Three weeks ago, my dentist removed one of the teeth which had received a root canal 10 years ago. We fixed an appointment for two weeks later to do the next removal. However, many problems [healing reactions] started the next day. Herpes, seven sores on the mucous membrane in my mouth, pain in my maxilla and jaw bones, also in my joints: knees, elbows and fingers as well as in my ears. The sternum and ribs that had previously been irradiated became inflamed, hot and painful. The area of the prior lumpectomy was very sensitive and painful. Three cancerous lymph nodes in my armpit became sensitive. I had nausea and high fever for 36 hours, was tired, had little appetite, and I had a metallic, and at times sweet taste in my mouth. The mucous membrane in my mouth excreted yellow gummy fluid, my teeth became brown and felt as though they were of metal. My tongue, fingers and sole of my feet were numb. All these reactions are still not gone after 10

days. I believe my body is healing. I will have the other tooth with root canal removed when the reactions are over."

This situation illustrates that the body is really incapable of healing as long as the infected tooth remains embedded in the jawbone, spreading toxins through the blood stream. Then, since the immune system was strengthened after many months on the Gerson Therapy, the moment that focus of infection was removed, healing started in earnest.

Another success story!

I recently had a conversation with a patient who gave me a very happy report. She was a patient at the Gerson facility in Tijuana in July, and subsequently, in October, she had a follow-up x-ray. She was very upset at that time to hear from the doctor that her tumors had grown considerably. One was the size of a melon, and

she knew that they were beginning to cause her considerable pain. Together with the surgeon, she decided on removal (debilking) of the tumor.

The patient had given the surgeon a copy of *A Cancer Therapy: Results of Fifty Cases*, but he was understandably quite doubtful. After the surgery, her doctor was hesitating and embarrassed to admit that he had been much surprised with the examination of the tumors he had removed. While they were large, they were filled with necrotic (dead) tissue and the body had shut off the blood supply to the growths. He admitted that he had never seen anything like it.

The patient is overcoming the effects of the surgery and is happy and confident with the results she has obtained by use of the Gerson Therapy. ●

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Overcoming Adversity: Echo Maillet's Testimony

By Echo Maillet

Having been raised in a fairly typical North American home, eating an abundance of animal products, packaged refined foods, lots of sugar, oil and rich cooked foods, we as a family suffered the direct consequences of our lifestyle and eating habits. With both parents smoking and drinking, the meals were anything but regular. Rather, food was consumed at any given time to suppress and replace the missing love and stable home environment.

My family history: baby brother died of a blood clot, nineteen year old brother died of a malignant brain tumor, father died at the age of 50 of bone cancer, mother died at 51 years (after radiation treatments for cancer of the uterus) of sclerosis of the liver from alcoholism, two uncles had bowel cancer, and on the list goes. Growing up having spent more time visiting loved ones in a hospital than seeing them at home was not my idea of a good childhood.

Due to our upbringing I grew up looking like the Michelin Tire man and struggled with my weight for years, and I also had extremely difficult menstrual cycles. In my early 20's I was diagnosed with anal fistulas, hemorrhoids, bleeding bowels, and diverticulitis. At that time doctors wanted to remove part of my bowels. I decided to take a look at my lifestyle and made some dietary changes. Since my family history of illness was strongly imprinted on my heart, I did not want to be another statistic - there had to be a better way!

After attending some seminars, reading and researching some alternative therapies, I became a Lacto-Ovo Vegetarian. This change certainly had an impact on my

health, however it did not offer me a cure. I functioned for several years after that still having some bowel discomforts, difficult menstrual cycles and was still overweight.

In my mid-thirties, after my son was born, I was diagnosed with cervical cancer (stage 4). I was scheduled for surgery 10 days after I was diagnosed. I promptly went home and discontinued all animal products (milk, cheese, eggs) and went on a very clean diet of only fresh fruit, vegetables and a small amount of cooked grains for the next 10 days. On the pre-op tests my stage of cancer had dropped from 4 to 1. It was then evident to me more than ever how our lifestyle and eating habits directly affect our health. I canceled the surgery and continued my research into alternative health. We became Vegan, although we still ate a lot of cooked foods, meat analogs, seasonings, salt and oils. But we were careful not to eat any animal products!

Even with my new healthy lifestyle, my health continued to fail. I started to have extreme back problems. My son was delivered via a Cesarean section with long labor and a uterine infection. It was a difficult delivery done under spinal freezing that had been attempted four times by an internist that missed. This left a lot of damage and scar tissue in that area. So as the pain increased to the point where I was not able to function in the daily home duties and physical therapists, chiropractors and medical specialists could not relieve it, I was diagnosed with Degenerative Bone Disease. It had appeared that the cancer had spread from the cervix to the weakened spine.

At this point I had little function of my arms, they were very weak and I was in constant pain all over with shooting pains to the lower spine causing me to literally fall to the floor. There were three large abdominal tumors (it was never determined if they were benign or malignant) which had distended my abdomen enough to make people ask if I was pregnant. I was resistant to take further tests outside of x-rays, blood work or physical examination. I did not want to travel down the well-worn path of orthodox medicine that had very little hope to offer in my hour of need.

So, back to the books I went. It was at this time that I started to apply the Gerson Therapy. I was familiar with the book by Dr. Max Gerson, *A Cancer Therapy: Results of Fifty Cases*, and had read and shared it with others years before, however I did not take it seriously at that time for application in my own life, until now. I did not have access to the Gerson Primer, so I gleaned what I could from the book. It was difficult for me to obtain the Lugol's solution, thyroid pills, etc., therefore I went on a totally raw diet, eating only live, fresh organic food. I juiced on a regular basis and took coffee enemas. Within two weeks the constant pain had gone, though I still had some shooting pains, but they were subsiding. This already made my life more pleasant. Unfortunately that gave me fits of heroics and I would do some physical tasks beyond my state of health at that time. This soon made me see my place and restrain myself until the body could truly heal. Realizing that bones take up to a year to heal I took it quite easy, using the

rebounder for gentle exercise, hot and cold hydrotherapy to assist the elimination of toxins in my system and to aid the healing. Along with the intense nutritional program and the detoxifying, I had a loving supportive family to guide and encourage me, this only added to round the whole thing off - how could I not get well?

So here I am over two years later - cancer free and all of my previous medical problems gone: arthritis, PMS, obesity, liver spots, tumors, migraines, depression, allergies, cancer, degenerative bone disease, chronic pain, even the "C-Section" scar - all gone! Remember that I had NO SURGERY, DRUGS OR MEDICAL INTERVENTIONS! Now don't get me wrong - I do believe there is a place for orthodox medical doctors. Had it not been for their ability to deliver our son by c-section we may not be blessed with him today. However had I had my weight and health in good order for the delivery I do not feel that I would have needed a c-section. Certainly there are times when orthodox medicine is needed. But, when through our own neglect and abuse of improper diet and lifestyle we subject our bodies to a diseased body, then it is not into the hands of a medical doctor that we should run. Health or lack of it is generally our own doing.

Now my condition was in obvious need of some intervention, however what was not so obvious was that my family was also in need of help. They never showed the severity of symptoms that I had, but rather often had the flu, colds, headaches and general fatigue and so-called yearly health problems that are considered to be "normal" today. Well we have since found out the truth. We have not had a cold, flu or so much as a sniffle in this home for years, even though we are exposed to people all the time as we conduct seminars, etc. This has been a blessing for all members of the family - there are no more health problems for any of us. Our son has been born and raised a vegetarian - having been a Lacto-Ovo

Honors for Dego's *Doctor Max* in Italy

From La Padania, Italian National Daily

On Monday December 6, 1999, *il dottor Max* [the Italian version of Giuliano Dego's novel about Max Gerson, *Doctor Max*] was awarded Italy's National Paperback Book Award in the town of Latina, near Rome. In the presence of a numerous public, Dr. Dego spoke of his book, published in the U.S. in 1997. "The story of Doctor Max Gerson, so rare, so exclusive, so terrible, arouses us to rebellion, outrage and indignation," writes Roman critic Dante Maffia, who defines the novel "astounding...born out of the need to witness and denounce terrifying acts in the world of medicine and politics, culture and science. Characters and places, feelings and events are described with a passion that goes straight to the heart. Through the mediation and power of Dego's pen, the portrait of our century emerges in

vegetarian for the first four years of his life (breast fed and not starting solids until he was a year old), he was given very little animal products and is now a strict Vegan. He is now twelve years old (going on thirteen) and he has a very healthy constitution. He is strong, energetic, robust, intelligent and a pleasure to have as a son. Never think that you cannot teach or raise children to eat healthy and enjoy it. We have seen that proven wrong many times. Let them get involved in meal preparation and teach them the importance of taking care of their body for the sake of all. When my family saw that making changes in our lifestyle would save my life they were supportive in making the changes with me. We gave up the use of all packaged, refined, processed products (even if it said organic, natural, and contained no animal products). We eliminated the use of salt, cooking oils, soy products, pasta and the little bit of cooked food was kept simple (baked potatoes, oatmeal,

all its degradation. This is a novel written with clarity, conviction, precision, and emotion, in which every event is in perfect narrative harmony with the whole. A great novel, which plays no games with words, but glues itself to our physical being as well as our soul..." In *Doctor Max* we see a return of the popular historical novel with its grandiose and epic scenes on the one hand and its minor, local settings and deep sense of values on the other. What's more, the subject matter touches all our lives. And now, little more than a month after its publication in the prestigious Superbur collection of the publishing giant Rizzoli, the novel is the recipient of Italy's only literary prize for a paperback.

Heartiest congratulations to Giuliano Dego from all of us at the Gerson Institute!

for instance), although I eat a totally raw diet. We eat but two meals per day and never eat between meals, with lots of variety in our diet and live, fresh juice every day (carrot/apple and green juice).

So you can see it is not good enough to be just a vegetarian. When we are so full of toxins and deficient in nutrients, it is necessary to do more. That's why juicing is so important along with a nutritious diet and a good detoxifying program. This is what saved me, and that's why we travel around sharing seminars, in-store demos and newsletters. With my education and personal experience it became evident that we needed to continue to share with others that there is a better way and as long as there is a breath of life there is hope. Please remember our little motto: Good, Better, Best, never let it rest until your Good is your Better and your Better is your Best! ●

Children Learning to Eat Right

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need to ask ourselves why, before it destroys the youth of today.

Our youth have become victims of a selfish, fast paced, greedy society that gives no support to the **needs** of young people today. We need to educate both parents and children on the subjects of proper nutrition and disease prevention. There has to be an effort made on the part of parents, doctors, teachers, and all form of caregivers to help stop this monster. Our children deserve better, don't they? ●

Childhood Illnesses...

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juice. Moisten socks or compress in lemon water, wring them out well and then wrap around feet, ankles and calves. Cover with rolled up wool muffler or other wool so no air reaches cotton socks or sheeting. Cover patients

with blankets. Remove after 20 minutes (unless patient falls asleep with them). May repeat up to one hour, then pause 2-3 hours before resuming. (This treatment does not cause a large drop in temperature, but rather pulls the inflammation from the head).

If, after all this advice, you still resort to using Tylenol or other over the counter medications, don't beat yourself up over your decision. "Forgive yourself and reflect on what you could have done differently and talk to others for support," writes Waldorf kindergarten teacher Mary Carmichael who teaches at the Waldorf School of San Diego, in LILIPOH, issue No. 14, Vol. 14. "Going against the mainstream takes courage, knowledge and practice. Illness helps both the sick and the caregiver. Each grows from an illness." ●

The Gerson Support Group in England is always looking for volunteers to lend a hand.

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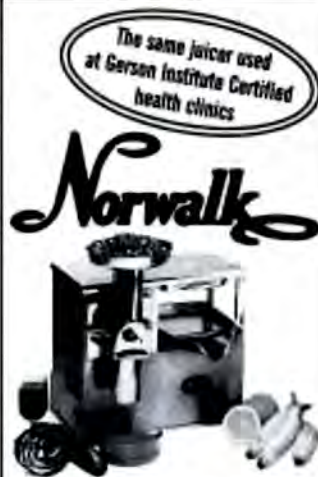
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