



HEALING

NEWSLETTER

Vol. 15, No. 2
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Essential bimonthly health news for Gerson Therapy patients and health-conscious individuals - Published by the Gerson Institute

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How to Start a Co-Operative Food Buying Club

By Susan DeSimone

There's no doubt about it - organic food is much more expensive than food produced by conventional means. Another problem is the fact that it isn't always readily available. For a Gerson patient, organic food is a sizeable financial investment, albeit a life-saving one. Gerson patients know that organic food and produce is well worth its weight in gold. We have heard that many of our patients' loved ones must travel great distances - sometimes hundreds of miles to obtain the organic produce needed for the Gerson

Therapy. But there is a way for Gerson patients and health-conscious families and individuals to have ready access to organic food AND reduce food bills by as much as 20 to 40 percent: by joining or forming a "cooperative food buying club."

What is a Co-Operative Food Buying Club?

A cooperative food buying club is an informal group of individuals who purchase organic food directly from wholesalers. The members

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GERSON
HEALING
NEWSLETTER

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Become a Member!

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. **Membership Form, page 11.**

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Food Buying Club...

continued from front page

order in bulk and then divide their order among themselves. Each person must volunteer their time by performing tasks such as ordering food, bookkeeping and distribution. The costs that are saved by cutting out the middlemen are then passed on to the individual members in the form of cheaper goods.

"A buying club is an organization that is democratically controlled by all of its members," writes Robert Pickford in *An Organizer's Manual for Cooperative Food Buying Clubs* published by the Federation of Ohio River Cooperatives. "Every member gets one and only one vote in the decision making of the co-op. It is the members who decide what products to buy, where to buy them, how much to charge themselves for the co-ops services, and who the group's leaders will be.

"Most buying clubs meet and distribute their goods in a church or school or community center, and most are made up of neighbors," writes Pickford, "so the buying club is an integral part of the local community. The [food buying] co-op brings people together to help themselves and each other, at a place near home in their own community, and is therefore a means of bringing life and vitality back into our neighborhoods and towns."

The basic cycle of the cooperative food buying club is:

1. Ordering the food
2. Buying the food
3. Breaking down the food into individual orders
4. Picking Up the Food

The Basics of a Co-Operative Food Buying Club

A Cooperative Food Buying Club can be as simple or as complicated as the members wish, depending on the amount and types of food purchased and how many mem-

bers are involved. Some buying clubs publish their own newsletters, sharing recipes and articles on nutrition, the environment and other pertinent information. Many groups meet often for potluck dinners and other social events.

The key to a successful food buying club is the even distribution of work, which will prevent burnout and resentment among members. Remember - the operative word here is cooperation! Although a buying club group can be as small as two families, in reality the ideal membership is somewhere between 12 and 16 - the more members the better!

Getting Started

The first thing you will need to do is drum up interest. Call upon friends, neighbors, co-workers, or church members. As a "Gerson Person," try to "sell" the idea of a healthy lifestyle. Share the Gerson philosophy of juicing and eating "only organic," as Dr. Gerson wisely recommended.

Once you have banded a small group of energetic, committed individuals together you will need to hold a planning meeting. At this meeting organizers and members will introduce each other and a sign-up sheet will be passed around to get names, addresses, phone and fax numbers. (Make sure someone is assigned to take minutes at all meetings).

At this time the following important decisions must be made (excerpted from the pamphlet, "Starting a Cooperative Buying Club: Some Basic Guidelines," published by the Tucson Cooperative Warehouse):

a) A membership fee:

This can be used to open a checking account before your first order meeting to purchase start-up equipment. It can also be used as a cushion for bad checks or unexpected expenses.

b) Markup:

The club can assess its own mark-up to cover cost of sup-

plies and other expenses.

c) Member Responsibility:

Jobs will be assigned according to the members' preference and skills. Jobs may be rotated as often as members like. It may be easier to set a "term" for each position. As jobs are assigned, each member's responsibilities should be written down with their name and phone number for the members' information. That way, everyone knows who's doing what, and a sense of accountability is established. These jobs are described in more detail below.

d) Prepare for your next meeting - your ordering meeting:

You will want to go over the supplier's price list, examine the types of products that are offered and make sure that all members understand the price list format and how to fill out the order form. You will need to set a date for your order meeting, and establish a firm deadline for orders, to be sent with payment, to the collator so that a master invoice can be made prior to the meeting.

Here is an example of a Buying Club Team (also excerpted from the pamphlet, "Starting a Cooperative Buying Club: Some Basic Guidelines," published by the Tucson Cooperative Warehouse):

1. A general coordinator:

Someone who has a general knowledge of how a co-op is run who will make determine long-range plans and act as a reference person to organize the group's activities.

2. Bookkeeper:

One experienced person who will keep all financial records for the club.

3. Collator:

One person who works with the bookkeeper to record orders and compile totals.

4. Supplies and Set-Up Team:

Two people who are responsible for providing paper, pencils, calculators, order forms, and price lists who will set-up at the meeting sites.

5. Pick-Up Team:

Two to three people who are responsible for receiving the goods from the supplier's delivery truck.

6. Distribution Team:

Two to four people who are responsible for dividing orders, keeping track of supplies (bags, funnels, jars, scale, marker, etc.).

7. Clean-up Team:

Two people who are responsible for cleaning work and meeting areas.

The following is a general overview of how the cooperative food buying club works (excerpted from the Blooming Prairie web site: www.bpc-co-op.com.

- Members prepare their household orders.
- All household orders from the buying club are combined,
- All items that meet wholesale (case) minimums are combined into a group order.
- The group order is phoned, mailed or e-mailed to the natural foods warehouse.
- The buying club either picks up its order at the warehouse or meets the delivery truck at a pre-arranged site. [Note: The delivery site must be large enough to accommodate the delivery truck, with parking available for members. A community center or church makes more sense as a distribution area than someone's home].
 - The order is paid for with one group check.
- Members divide the group order into individual household orders.
- Adjustments are made on household invoices.
- Members pay for their orders and

take their food home.

- The distribution site and equipment are cleaned.
- Any internal bookkeeping is completed.

A cooperative food buying club is much more than a means of saving money- it's a wonderful way to support organic farmers, build community and help spread the Gerson philosophy. What a great service you can provide by reaching out and educating others about the importance of nutritious, non-toxic food in our lives. A food buying club can also be a source of emotional support, which is so vital to the Gerson patient. A person who is surrounded by caring, like-minded friends and neighbors is more likely to "stay the course" on their very trying and often difficult journey towards recovery.

For information on existing food clubs as well as how to set up a cooperative food buying club in your area, see Page 4 for a comprehensive listing of distributors. ♦

**- Happy organizing!
(See listing on next page)**

**Bimonthly
Not Enough?**

Join our mailing list!

subscribe
 unsubscribe

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WWW.GERSON.ORG

Co-Operative Food Buying Clubs and Distributors Listing

NORTHEAST:

Northeast Cooperatives
Inc.
P.O. Box 8188 Quinn Road
Brattleboro, VT 05034
(800) 334-9939 or (802) 257-
5856
Serves Conn., MA, NH, NY,
RI, VT

MIDWEST:

Blooming Prairie Natural
Foods
2340 Heinz Road
Iowa City, IA 52240
(319) 337-6448
Serves IA, IL, KS, MI, MN,
MO, NE, ND, SD, WI
Federation of Ohio River
Cooperatives
320 E. Outerbelt

Suite E
Columbus, OH 43213
(614) 861-2446
Serves IN, KY, MD, MI, NC,
OH, PA, VA, WV

North Farm Co-Op
Warehouse
1505 N. 8th St.
Superior, WI 54880
(800) 236-9862 or (608) 241-
2667
Serves IL, IN, MI, MN, MO,
OH and WI

Ozark Co-Op Warehouse
Box 1528
Fayetteville, AR 72702
(501) 521-4920
Serves AL, AR, FL, GA, KS,
LA, MO, MS, OK, TN, TX

WEST:

Tucson Cooperative
Warehouse
350 S. Toole
Tucson, AZ 85701
(520) 884-9951
Serves AZ, southern CA,
CO, NM, NV, TX, UT

Mountain People's
Warehouse
12745 Earhart Ave.
Auburn, Ca 95602
(800) 679-8735
Serves AZ, CA, CO, ID, MT,
NV, NM, OR, UT, WA, WY

RESOURCES

The following sources can
help you start a food co-
op or find one in your com-
munity.

National Cooperative
Business Association
1401 New York Ave. N.W.
Suite 1100
Washington, DC 20005
(202) 638-6222/(800) 636-
NCBA
Offers a video titled "How
to Start a Cooperative
Food-Buying Club," and a
book, "Starting Out Right,"
for \$24. You may purchase
the video separately for
\$19.95.

North American Students
of Cooperation
P.O. Box 7715
Ann Arbor, MI 48107
(313) 663-0889

Vegetable Juicing and Detoxification

By Kathryn Alexander D.Th.D.

[A note from the editor: The following article is part one of a three part series on the Gerson Therapy. Even if you are already familiar with the content of these articles, I am sure you will want to share them with your family, friends and neighbors. Together, they comprise an excellent summary of the Gerson philosophy. This valuable information will also come in handy if you are trying to recruit members for a food buying club in your area-S.D.]

Vegetable juicing is making a comeback. When we look back at the early 20th century naturopaths we find that juicing and diet was the mainstay of treatment - in fact they said that unless you consumed at least 4 pints of juice daily then you could expect no long-term improvement. The diet was referred to as the mucusless

diet, a diet that would loosen hardened deposits in the body, remove them to the outside restoring vitality and the healing potential of the tissues - in modern-day terms detoxing.

That was, of course, in the days before nutritional supplements and currently we find ourselves in the heyday of pill-popping. But is our health improving? We spend \$100s on nutritional aids then rush next door to the supermarket to fill our shopping carts with every chemicalized, processed, preserved type of dead food that makes life a convenience.

The truth is that nutritional deficiencies and toxicity go hand in hand. If you treat deficiencies without addressing toxicity you make little headway and likewise if you treat toxicity without addressing deficiencies then no long-term

benefit will apply.

Vegetable juicing does both simultaneously. That organic vegetables are rich in nutrients goes without saying. But their ability to detoxify the body is outstanding. Have you ever unblocked your drains with caustic soda? Those of you who have will know the power of this compound, sodium hydroxide, in dissolving grease to the satisfying glug of the drain as it breathes its first gulp of air. Vegetable juices work in the same way. They break down to potassium hydroxide, a more powerful cleanser than sodium hydroxide. As the cells are bathed in this alkaline cleanser they take up the potassium and release the acidity [toxicity] which can be safely disposed of by the lungs and kidneys. Vegetable juicing is the only way to achieve this. Don't be fooled into taking sodium preparations such as sodium bicarbonate, which although an alkaline compound, the sodium will poison the cells and increase acidity. Once the toxicity is removed the body is cleansed and the self-healing process begins. You are truly

Continued on next page

Juicing and Detoxification...

continued from previous page

pulling the weeds of disease up by the roots not merely clipping at the heads.

What about the deficiencies you may ask? Will vegetable juices really be as good as taking supplements? The answer is - better. You see it is not the supply of nutrients that is the problem but rather, their placement. Take an acid environment, for example, such as a cup of lemon juice and add some milk. What happens - curds form or more precisely, the calcium is leached out of the milk and precipitates to form salts. Likewise, toxicity within the body generates acidity and in this environment calcium cannot be used and hardening occurs outside the skeleton; bones weaken and soft tissues calcify. Putting more calcium into the system without reducing the acidity will only serve to accelerate the problem. And it doesn't stop there. As the problem deepens the muscles and nerves become affected and we have the onset of asthma and later, when the brain becomes involved, ADHD (Attention Deficit Hyperactive Disorder).

We inherit these constitutions; consequently we can see disease moving forward in leaps and bounds with each generation, sometimes within the same generation as eczema gives rise to asthma or allergies and then hyperactivity.

Vegetable juicing will establish an environment where nutrients can be used by the body. The nutrients are rich in supply and taken directly to the cells. Iron levels will normalize very quickly just on green juices alone. Mothers are amazed when I show how just 100g (3.5 ounces) of fresh spinach and 50g (1.75 ounces) of parsley, when juiced, will yield more iron than 300g (10.5 ounces) of beef and more calcium than 300g (10.5) of milk. What's more - the juicing really works; you build your blood and feed your tissues and naturally your energy rises.

In our enthusiasm over the

nutrient value of organic vegetables and their detoxifying capacity we mustn't forget the oxidizing enzymes. Freshly prepared juices are a rich source of live enzymes. These enzymes are not only essential to the digestive process but they absorbed and recycled to the digestive tract. On their journey they are able to scavenge debris and effectively vacuum clean the blood of fungus, bacteria and undigested food particles, which may have escaped digestion. These enzymes are so important to the healing system, Max Gerson found that patients using centrifugal-type vegetable juicers did not respond to the therapy unlike those who used a grinder and press. There are two factors to bear in mind here: centrifugal juicers tend to kill the enzymes and the juices are generally nutrient-poor, a good proportion being left in the moist pulp. The test of a 'live' juice is how long it retains its color before it goes "brown." If you are going to seriously juice I would recommend a more expensive juicer that masticates and presses with a slow RPM (keeping enzymes intact and generating no heat) that guarantees to juice the more fibrous green vegetables and grasses. You will find that it will more than repay itself both in the quantity of juice extracted (a third more in many cases) and in its mineral quality which can nearly double that from the more traditional juicers.

I recommend starting at three juices a day - two apple and carrot and one green juice. I mix equal quantities of vegetable to apple so for each 250ml (8.5 ounces) juice use 250g (1/2 lb.) apple and 250g (1/2 lb.) vegetable (carrot or a combination of greens). A good combination of greens would include 1/4 green pepper plus a selection of 2 or 3 of the following: parsley, red or green lettuce (not iceberg), red cabbage, beet tops, watercress. I don't tend to recommend beet root, as it is very strong and can act as an emetic. Be sure to buy organic produce for juicing, as you don't want a concentrate of a cocktail of chemicals. Did you

know that apples have usually been sprayed around 22 times before they reach the shops and commercially grown carrots are often used as a crop to "clean" the soil? Maybe this property is why they are so effective in the detoxification process. Bottled juices won't do - they are "dead." You have to kill the enzymes in order to preserve juice whether through pasteurization (heat treatment) or common pickling devices such as using whey, which denatures the enzymes.

Start gently on 3 juices a day and build up to six. It's a good idea to buy your vegetables in bulk to last the week. On a weekly basis you will need to order around 10Kg (22 lbs.) of both apples and carrots, 4 green peppers, 1 bunch of parsley, 2 bunches of watercress, 1 bunch of beet root and a red cabbage.

The benefits are enormous. The green juices in particular will build your blood, carry oxygen to the tissues and irrigate the system removing stagnation. Do go slowly as your liver may need a little help in the detoxification process. Watch out for next issue's article to show you how you can practically help a flagging liver.

Kathryn Alexander, a dietary therapist, has written a book "Get a Life: the detoxification diet made easy!" ISBN 0-646-31829-2. You may order this through her web site at: www.getalife.on.net. Kathryn has a practice in Australia and holds regular workshops and lectures on the topic of detoxification. She also runs courses for students and practitioners of natural therapies. Kathryn has completed phases I and II of the Gerson Practitioner training, and she is currently fulfilling her Phase III requirements. She is also a member of the Gerson Institute's board of directors. ♦

Questions & Answers

By Charlotte Gerson

The Gerson Therapy is basically quite simple: give the body fresh, living foods, free of toxins and rich in nutrients. Avoid all toxic substances in the air, water, and soil so that all the body systems and defenses are working normally.

Sounds easy.

Perhaps it would have been easy 200 years ago before there were artificial fertilizers, pesticides, food processing chemicals, chlorine, fluoride and all the other numerous toxins that we have come to expect in our lives. Dealing with all of these and becoming aware of the many damaging and dangerous substances in foods, cosmetics, etc. is not at all simple. The Gerson Therapy has to teach patients the simple, clean way of living and, most importantly, how to detoxify the accumulation of poisons collected during their lifetime.

Coffee Enemas:

As our friends and readers know, one important aspect of the Therapy, the key to detoxification, is the coffee enema. It works. We have unending numbers of patients who have proven its effectiveness. However, orthodox doctors do not understand the way the coffee enemas work. They ridicule or even frighten patients about their use. In one case where a (famous) patient had already achieved freedom from severe pain, his doctor actually told him, "Don't you know that coffee enemas cause brain abscesses?" and frightened him into taking chemotherapy. More recently, we had a question about the coffee enema "stretching" the colon. Another one was about coffee enemas causing addiction and whether stopping them could cause withdrawal symptoms. And a third question came up: what is

the difference between coffee enemas and drinking coffee?

The item below was sent out in response to these three questions:

It is impossible to stretch the colon by taking coffee enemas. The only things that stretch a colon are: a) high colonics that are pushed into the colon under pressure and use up to 5 quarts of fluid or b) hard stools that accumulate and are not excreted which stretches the colon, causing a condition known as "megacolon." Coffee enemas are administered without pressure and are very easy for the colon muscles to expel.

We know of two different patients who had taken coffee enemas for many years who eventually had their large intestines checked by a colonoscopy. In both cases, a different proctologist stated that "this was the most beautiful colon he had ever seen." There was certainly no damage done. Jacquie Davison, a former melanoma patient, writes in her book about the hundreds, possibly thousands of coffee enemas she took in the course of her recovery with the Gerson Therapy. At the end of her treatment after all those enemas, she reports that for the first time in her life she had normal bowel movements. She did not become addicted or dependent on the enemas.

Coffee enemas are completely different from drinking coffee. The effects of coffee enemas have been thoroughly researched by physicians. The caffeine and other chemicals from the coffee enema open the bile ducts and allow the liver to release toxins. Drinking coffee is damaging to the stomach due to the aromatic fatty acids (which are not absorbed through the colon). Drinking coffee causes capillary and bile duct spasming and constricting - in other words,

the opposite of what rectal coffee does.

Withdrawal hardly causes any problems, unless the patient takes 5 or more coffee enemas and stops cold turkey - but this is not the way coffee enemas are prescribed by Dr. Gerson (see page 235 in Dr. Gerson's book: *A Cancer Therapy, Results of 50 Cases*). If you are a heavy coffee drinker and stop suddenly, you will experience withdrawal symptoms - but these can be immediately relieved with ONE coffee enema.

Colostrum:

Another set of questions were the result of an article which appeared in the November/December 1999 *Gerson Healing Newsletter* which discussed some of the interesting uses and results obtained with the use of colostrum. Colostrum is the name of the first fluid that is secreted into the breast of a woman (or the udder of any mammal) after giving birth. It is not truly milk, but a translucent fluid, rich in all the necessary nutrients as well as friendly bacteria to help the colon set up correct absorption, and help to set up a functioning immune system - in other words, one of nature's most important gifts to this new life. Unfortunately, a number of pediatricians (who consider themselves wiser than nature) have told the new mothers to disregard and throw out this fluid "which is not milk" and wait for the real milk to come in. Big mistake. Being aware of the importance of colostrum, some people have used it in fluid or in powdered form to fight infections and even cancer. I am personally aware of one person who cured himself of lung cancer by just the use of colostrum.

To the questions that resulted from the above article, it was difficult to give a fully knowledgeable answer. There are two possible problems: 1. Nature's colostrum contains fat (among many other things) for the new baby to provide ample calories for this little being, newly separated from its mother's

food supply, and having to support itself. In the processing of the liquid into powder, apparently some of the fat is removed, since the label on the bottle states: Fat Content: 0g. That raises the question, what process do they use to remove the fat? Is it some chemical?

[Editor's note: I checked with one company, Symbiotics, who manufacture New Life Colostrum. They assured me that they use a natural process to remove the fat. Their product is 100% organic. They can be reached at (800) 784-4355, and their web site address is: www.symbioticsllc.com. A word of caution: even though the label states 0 grams of fat, a trace of fat still exists in their colostrum - S.D.]

The second problem is the fact that the Gerson Therapy prohibits all fats, since Dr. Gerson knew that animal fat promotes tumor growth. Therefore, we must ask the question: could colostrum stimulate tumor cells? If the fat was removed by some chemical process, could that be harmful?

In the past we have endeavored to test the effectiveness (or negative influence) of a substance or adjunctive therapy before endorsing it and incorporating it into the Therapy. Nevertheless, I would consider colostrum entirely safe and very useful in all patients except cancer sufferers. Before we can answer the question of whether it is useful, helpful or not, for cancer patients, we need to gather this information. ♦

Crohn's Disease

- Megan's Recovery

By Charlotte Gerson

We are always very happy to receive stories of patients who recovered through the use of the Gerson Therapy. Since Dr. Gerson's book is called *A Cancer Therapy*, a large percentage of our recovered patients have stories about overcoming cancer. We are particularly pleased when we can also tell our members and friends about recoveries from other chronic diseases that are supposed to be "incurable."

This is Megan Grey's story. Her mother writes, "Megan was a very sick fifteen year old girl four years ago. She spent most of the year in the hospital where she was first diagnosed with Crohn's disease. *[This was at the General Hospital in Sault Ste. Marie, Ontario.]* She was taken to the hospital several times with near bowel obstruction and was treated with various medications. She remained ill and was constantly back at the hospital. Surgery and long-term hospitalization with a feeding tube were discussed. She weighed only 78 pounds and missed 2 out of 5 school days every week. She was unable to attend evening functions with friends.

"The situation changed completely when she began the Gerson diet." Megan told us that it was at a time when she finally seemed to be totally obstructed that she

started the coffee enemas and the Gerson Therapy. It helped her quickly enough that she didn't need to go to the hospital nor did she require surgery. Megan's mother, Donna, continues, "after three months on the Gerson diet, the pain was gone and her energy was returning. A year later, she had gained 26 pounds, no longer missed school, and lost the black circles under her eyes. She was able to go out with her friends and look toward a future. Her family doctor was totally impressed with her health and weight gain. And all this without any prescription drugs!"

"It has now been three years that Megan has been symptom free, thanks to the Gerson diet which she continues to follow in a modified version."

[The Grey family and people who have seen this remarkable recovery recommend the Therapy to anyone suffering from Crohn's disease.]

Megan, now 19, is attending university now, taking pre-med. She is planning to become a naturopathic physician.

"Megan is looking forward to a bright future," says her mother.

We are very happy to be able to report that Megan is not the first person, inspired by the results of the Gerson Therapy, who is going into naturopathic medicine. ♦

Correction to be Noted Regarding *A Cancer Therapy: Results of Fifty Cases, Sixth Edition*

A minor error was discovered in the latest edition of *A Cancer Therapy: Results of Fifty Cases*, which instructs a higher frequency of Castor Oil enemas than is necessary. The table which is found on pg. 235, has the heading "DAILY SCHEDULE FOR TOTAL TREATMENT OF CASE NO. 5." If you would like a sticker to replace this information in your copy of *A Cancer Therapy*, we encourage you to call and request one. Charlotte Gerson has confirmed that this error does not pose a risk to the efficacy of the Gerson Therapy. We apologize for the oversight, and welcome you to request a correcting sticker from us. Toll-free 1-888-4-GERSON (or 619-585-7600).

Dear Charlotte:

Answers to Some Excellent Questions

By Charlotte Gerson

[The following questions come from a letter signed, P.D.] Even though I was a patient at the Gerson Center in Sedona, February, 1998, I would still like to ask a few simple questions.

1. What is the effect of repeated coffee enemas on intestinal flora and electrolytes? Is it advisable to take milk-free acidophilus?

Regarding the intestinal flora, the coffee goes only as far up in the descending colon as the splenic flexure and does not interfere with the intestinal flora. On the contrary, because the enemas remove accumulated toxins from the digested food mass, the intestinal flora is encouraged and thrives. As a result, it is entirely unnecessary to use acidophilus.

The question of electrolytes is a little more complicated. Yes, it is possible to wash out electrolytes with too many enemas if one doesn't replace these with enough juices. One can always take one enema daily without any problem. If a patient takes 3-5 coffee enemas, he also has to drink enough juices to replace the minerals (electrolytes) that may be removed. As a general rule, after the one daily enema, any additional one requires about 3 eight-ounce glasses of carrot/apple or green juice. The starting patient who takes 5 coffee enemas daily must also consume 12-13 glasses of juice in order to maintain a balance.

2. What is the effect of salt deprivation on persons who have low blood pressure? How does the Gerson Therapy benefit such a person?

The Gerson Therapy does not produce salt deprivation. All vegeta-

bles contain adequate amounts of sodium for normal functioning of the metabolism. Adding salt to one's food represents an oversupply that the body has to eliminate. I am personally the best example because I have eaten a salt-free diet all my life yet my blood sodium level always tests normal. Persons with low blood pressure are not benefited by the addition of salt; the Gerson Therapy balances all minerals and naturally establishes normal blood pressure. Low blood pressure may also be caused by a hormone imbalance such as low thyroid function and not be related to sodium intake.

3. When traveling, would it not be helpful to add 1/8 to 1/4 teaspoon of potassium salts to juices and soups?

At the very end of Dr. Gerson's book, *A Cancer Therapy: Results of Fifty Cases*, the last sentence of Appendix II on p. 419, Dr. Gerson answered a question about preventing cancer. Part of his response was, "Keep the potassium level up." That does not only apply when one is traveling, but potassium should be supplemented permanently. Any excess is very easily excreted, and it is difficult to take an overdose. Yet an under supply is always dangerous. Therefore one should not only add potassium when traveling but a small amount at all times. I find it difficult to eat soups, for instance, when I am away from home. Soups served in restaurants and canned soups are so heavily salted that one should never eat them. No amount of potassium added to commercial soups will help.

4. Even though your emphasis is on healing cancer, please write about candida and how the Gerson Therapy deals with it.

Dr. Gerson calls his book, *A Cancer Therapy* since cancer is so insidious and in advanced stages, incurable. He reasoned that a metabolic therapy that is capable to restore a damaged body even in advanced cancer will certainly be able to deal with other degenerative diseases. He states right at the beginning of the book that this is not exclusively a cancer therapy. For the same reason, we are preparing a new book, using the Gerson Therapy to heal a multitude of other diseases. In most situations, the basic or "less intensive" Therapy (see Appendix I of *A Cancer Therapy*) can be used for a guide; in other diseases, including diabetes, hypoglycemia, candida, etc. certain modifications have to be made to deal with such patients' special problems. The basic problem of candida is the overuse of antibiotics. This comes about because that is the standard treatment doctors use in handling the patient's recurring infections. In other words, the patients are already suffering from a malfunctioning or depressed immune system. Added to that is the frequent use of antibiotics. These tend to kill off the general bacterial population of the large intestine - but they don't touch candida, a yeast organism. Thus, candida can flourish because it has no competition. Besides, with an already weakened immune system, the patient is unable to overcome the candida.

Because the Gerson Therapy strengthens the immune system on the one hand, and on the other hand it clears the intestinal tract of much of the yeast through the coffee enemas and especially the castor oil treatments, it already provides some relief. Still, such patients need to be temporarily restricted from consuming sugars: the doctors generally order less carrot/apple juice and more green

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juice. Also, the rectal insufflation of ozone is very effective in reducing the yeast problem. Further, a generous supply of Tahebo tea (also known as Pau d'Arco, or Lapacho) daily is very helpful in fighting candida. It generally takes some time to clear it altogether but in most cases, the patients' symptoms are considerably reduced and they are on their way to recovery since the Gerson Therapy also helps to eliminate constant infections.

The same patient would like to read more about coffee enemas and Gerson food while traveling. I shall have to categorically state that while the patients are on the full intensive Therapy, for 2 years in cancer patients, they simply have to stay home! There is no way that one can do the full Therapy "on the road."

When the patient can reasonably assume that he is "healed," and all his organ systems work well, travel is possible. Juices and organic foods may be available from health food stores. Coffee can be purchased everywhere. Just order a pot to be delivered to your hotel room and mix with water. Hopefully, the local water supply is not fluoridated. If it is, procure a gallon of distilled water which is available in every drug store or super-market. Restaurant vegetables and salads are not organic. Salad dressings contain salt, fats and many additives. You are not likely to find flax oil as part of any salad dressing. Baked potatoes are usually "safe" but, if not organic, they are not satisfying. Organic fruit can be used in large amounts.

My conclusion: travel as little as absolutely necessary and only when you are totally recovered. It is not good for your health.

P.D., if you have struggled though all this, you are a confirmed Gersonite! Hope you keep well, and all the best. ♦

Rutgers University Compares Organic and Conventional Produce

By Charlotte Gerson

In Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*, he states with serious concern that, it is unlikely that 25 years from now, it will no longer be possible to heal with food. He was referring to the fact that artificial fertilizers had already been in limited use since the late 1920s - and by the late 1950s, foods were much more seriously damaged, completely aside from the toxic pesticides and fungicides with which they were treated. Thus fruits and vegetables were deficient and toxic.

Dr. Gerson understood that in chronic, degenerative disease, the body is deficient and toxic. Naturally, he reasoned you couldn't heal deficient and toxic people with deficient and toxic foods.

His prediction, made in 1958, would have come true 25 years later, or around 1983. Fortunately, there are better ways available now that were barely known in his time, namely organically raised produce. Most available food in the past was grown with "natural" fertilizer; the same as it had been for thousands of years. In organic agriculture, the soil is enriched with natural fertilizers and the plants are healthy and able to fight off diseases and pests. Chemical poisons are not needed.

The article and chart below from the journal *Sustainable Farming*, will give a graphic illustration of why, today, in order to heal with the Gerson Therapy, we have to insist that patients use organic produce. It is also wise to eat organic foods to keep the body well supplied with the essential nutrients to prevent degradation.

"Researchers at Rutgers

University intrigued by the emphatic claim that organic is better, decided to shop around for some answers. They tested produce purchased from a supermarket as well as organic produce purchased at a health food store.

"The Rutgers team expected the organic produce to be slightly superior in this comparison, but the actual results exceeded their expectations. The non-organic produce had as little as 25 percent of the mineral content as the organic produce. Many trace elements were absent in the commercial produce, but available at much higher levels in their organically grown counterparts.

"In lettuce, for example, the organic had a total ash or mineral matter of 24.48 per cent (dry weight) while the inorganic had 7 per cent (see chart below) ♦

Minerals were figured by milliequivalents per 100 grams dry weight:

Element	Organic
Calcium	71
Magnesium	49
Potassium	176
Sodium	12

"Trace elements were measured in parts per million dry matter:

Boron	37
Manganese	69
Iron	37
Copper	60
Cobalt	0.19

"The other vegetables compared were snap beans, cabbage, tomatoes and spinach."

(Source: Newsletter of the Northern Plains Sustainable Agriculture Society, April 1995, HCS, Box 104, Langdon, ND 58249-9207).