



# GERSON HEALING NEWSLETTER

Vol. 15, No. 3  
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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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# Ritalin®

## Overuse and dangers for hyperactive children

By Charlotte Gerson

In the spring of 1997, we became aware of the extensive use of Ritalin (methylphenidate hydrochloride) to control "hyperactive" children of school age. At the time, we published a short article, subtitled "The Drugging of American Children" (*Gerson Healing Newsletter* Vol. 12, No. 3,

May/June 1997). Since that time, the use of Ritalin has increased dramatically. So much so, that millions of American children are now on this dangerous and addictive drug.

Howard Straus sent me an item found on the Internet, fea-

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#### A reminder to our readers:

The Gerson Institute is a non-profit organization dedicated to the holistic treatment of degenerative disease. Founded by Charlotte Gerson in 1978, it is the only source for information on the true, unmodified, proven Gerson Therapy. We are here to provide you with caring, ethical guidance as you make important decisions about your health.

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**Ritalin...**

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tured in the "Eagle Forum," which states "The use of Ritalin dashes hopes of young men and women to serve in the armed forces. All branches of the military are rejecting hundreds of potential enlistees who have used Ritalin or similar behavior-modifying medications, very serious mind-altering drugs." The armed services' health standards have been lowered considerably since WWI or they would be seriously lacking in recruits. But in view of the above, consider the serious nature of the fact that schools and daycare centers are subjecting two and four year old children to a very damaging drug treatment. Often, preschool teachers recommend Ritalin treatment!

According to the *Physicians' Desk Reference* (PDR), which lists and describes all pharmaceutical drugs on the market, the first warning is that Ritalin "should not be used in children under six years, since safety and efficacy in this age group have not been established." Further warnings state that "suppression of growth (i.e. weight gain, and/or height) has been reported," as well as "loss of appetite, abdominal pain, weight loss, insomnia" and "symptoms of visual disturbances." The PDR also cites that "patients requiring long-term therapy should be carefully monitored."

An additional warning: Ritalin is highly addictive, and carries a street value among drug addicts for its "cocaine-like" high. After learning of the extreme dangers associated with Ritalin use, a parent may decide to take their child off this drug. However, Ritalin withdrawal may result in suicide attempts, and has resulted in successful suicides, according to the American Psychiatric Association. "The effects of the drug may be cumulative within the brain so the onset of adverse reactions such as suicidal thinking may be sudden and occur without warning," states Dennis H. Clarke, Chairman of the Executive Advisory Board for the

Citizens Commission on Human Rights International. At this time, over 2 million American children are on Ritalin.

A cover story in *U.S. News & World Report* (March 6th, 2000) is entitled: "The Perils of Pills - The Psychiatric Medication of Children is Dangerously Haphazard." At the end of February 2000, the *Journal of the American Medical Association* (JAMA) stated that the number of 2 to 4 year old children on Ritalin and other antidepressants had increased dramatically from 1991 through 1995. The *U.S. News and World Report* article (written by Nancy Shute, Toni Locy and Douglas Pasternak) states:

"According to the surgeon general, almost 21 percent of children age 9 and up have a mental disorder, including depression, attention deficit, hyperactivity, and bipolar disorder." Julie Magno Zito, an associate professor of pharmacy and medicine at the University of Maryland-Baltimore and lead author of the JAMA study, states: "The fact that there are such dramatic increases [of the disorder in children] means that something is changing. Why?"

Certainly, something is changing. Every article written on the subject (and I have a large number of them) mentions an underlying "biochemical disorder" of the brain. Only one conventional doctor has experimented with simply supplementing children with vitamins and minerals. In his practice, more than 85% of the "hyperactive" kids became normal and manageable when given nutritional supplements. However, other nutritionally oriented doctors have gone further: "Stop the high sugar intake," says Marnie Ko, editor and publisher of *Nurturing Magazine*, in *Alive* (Canadian Journal of Health and Nutrition, #191, September 1998). She quotes Diane McGuinness's chapter in *The Limits of Biological Treatments for Psychological Distress*: "There is no convincing evidence that medications help learning or attention problems. In all the mainstream articles," continues Ko, "there is no

discussion of the processed, sugar-laden, chemical and artificially-created foods that are fed to millions of children in North America every day. In the absence of any neurological and psychological proof showing abnormality in the brain causing these so-called deficits, the drug (Ritalin) has arrived on the scene. We, as a nation are drugging children to manage them, to make them conform quietly, to make the teacher's school days... more manageable."

Thomas S. Szasz, MD, professor of Psychiatry, states, "labeling a child 'mentally ill', is like hanging a sign around his or her neck, saying 'GARBAGE: take it away.'"

What is Ritalin? Dennis H. Clarke writes in his article entitled, "How Psychiatry is Making Drug Addicts out of America's School Children:" (see [www.wealth4freedom.com/truth/Ritalin.htm](http://www.wealth4freedom.com/truth/Ritalin.htm)) "Ritalin is one of the most dangerous and addictive substances known to man. Its effect is chemically and neurologically equivalent to cocaine or the amphetamines. Ritalin is more potent than those and its effect lasts longer. Over the past five years, injected Ritalin has become the number one heroin substitute in North America. It is now being found in use by the 'street' addict all over Europe."

Psychiatrist Peter R. Breggin, M.D. of Bethesda, MD, has written one of the most horrifying articles on Ritalin. Dr. Breggin is the Director of the International Center for the Study of Psychiatry and Psychology and is an associate faculty at the Johns Hopkins University Department of Counseling. He published a book, *Talking Back to Ritalin* (Common Courage Press, 1998) in which he documents the many scientific studies that have been ignored by Ritalin advocates. In his article entitled, "Psychiatrist Discloses Ritalin's Hidden Dangers to Children," he discloses the following information:

"Ritalin does not correct biochemical imbalances-it causes them," Dr. Breggin states, and adds, "there is some evidence that

it can cause permanent damage to the child's brain and its function.

"Pediatricians, parents, and teachers are not aware of these hazards because a large body of research demonstrating the ill effects of this drug has been ignored and suppressed in order to encourage the sale of the drug.

#### **"Damaging effects of the drug can include:**

- Decreased blood flow to the brain, an effect recently shown to be caused by cocaine where it is associated with impaired thinking ability and memory loss.
- Disruption of growth hormone, leading to suppression of growth in the body and brain of the child.
- Permanent neurological tics, including Tourette's Syndrome.
- Addiction and abuse, including withdrawal reactions on a daily basis.
- Psychosis (mania), depression, insomnia, agitation, and social withdrawal.
- Possible shrinkage (atrophy) or other permanent physical abnormalities in the brain.
- Worsening of the very symptoms the drug is supposed to improve, including hyperactivity and inattention.
- Decreased ability to learn.

Dr. Breggin also states that, "...these drugs 'work' by producing robotic or zombie-like behavior in children. Most children receiving Ritalin have been identified for treatment by teachers who have been misled by drug company and government promotional campaigns." (See Dr. Breggin's website: <http://www.breggin.com>)

#### **The following eye-opening excerpts are from "Insight Online:"**

[www.insightmag.com/archive/investiga/apcc11.shtml](http://www.insightmag.com/archive/investiga/apcc11.shtml))

- April 16, 1999: Shawn Cooper, 15 year old sophomore at Notus Junior-Senior High, Idaho, was taking Ritalin. He fired two shotgun rounds, narrowly missing students and staff.

- April 20, 1999: Harris, an 18 year old senior at Columbine High, killed a dozen students and a teacher before taking his own life. He had been on a new anti-depressant drug, Luvox.
- May 20, 1999: T.J. Solomon, 15 years at Heritage High School in Conyers, GA, on Ritalin for depression, opened fire on and wounded six classmates.
- May 21, 1998: Kip Kinkel, a 15 year old at Thurston High School in Springfield, OR, murdered his parents and then proceeded to school where he opened fire on students, killing two and wounding 22. He was on Ritalin and Prozac.
- March 24, 1998, Mitchell Johnson, 13, and Andrew Golden, 11, opened fire on their classmates at Westside Middle School in Jonesboro, AR. He was under "psychiatric care."

Prozac is another menace to our children's well being. Julian Whitaker, M.D., says, "Prozac is the runaway best seller for treating depression, used by six million Americans and 12 million people worldwide. Its potential side effects are far more serious than addiction or continued depression. As of December, 1995, 35,230 adverse reactions to Prozac - including aggression, hostility, and hallucinations, and 2,394 deaths had been reported." (For more information on the subject, see "Kids, Drugs, Guns and Psychopolitics" at: [www.freevelow.com/members8/jurist/drugkids.htm](http://www.freevelow.com/members8/jurist/drugkids.htm))

Dr. Breggin states: "I have no doubt that Prozac can contribute to violence and suicide. I have seen many cases. In a recent clinical trial, 6% of the children became psychotic on Prozac. And manic psychosis can lead to violence."

The various general magazine articles, including the one in *U.S. News and World Report* of March 6th, quoted above, are mostly whitewashing the seriousness of overuse of Ritalin and Prozac. In the articles, you'll read about a few

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cases of extreme hyperactivity, controlled by Ritalin! Nevertheless, suicides are also mentioned.

What to do? It is really quite easy. For one, Ritalin and Prozac withdrawal has to be slow and gradual, since the drugs are highly addictive. The Gerson Therapy (juices and coffee enemas) helps overcome withdrawal symptoms. At the same time, the child should be carefully fed fresh, organic, unsalted, virtually sugarless nutritious foods, mostly vegetarian. Milk products, often "supplemented" with artificial Vitamin D (Vioserol) can also cause allergies. Get a juicer and let your child make his or her own juice. Temporarily, it is not a bad idea to supplement with vitamins and

minerals. However, in the long run, the most important thing is to eliminate toxins in the foods in the form of pesticides, fungicides, and genetically engineered foods (careful with all soy products). Avoid all food chemicals, preservatives, additives, emulsifiers, coloring agents, and depleted foods such as white flour, white sugar, sugared breakfast cereals, and chocolate. "Fast Foods," including especially hot dogs, hamburgers, and other restaurant fare must be omitted. Cookies, candies, ice cream, cakes and other "treats" need to be substituted with delicious ripe fruit: apples, pears, grapes, plums, cherries, strawberries, apricots, melons - all organic, of course. As kids start to feel better, they'll come around."

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## Detoxing and the Flagging Liver

### Part 2 of 3

by Kathryn Alexander

*(This is Part 2 of a 3 part series of articles by Ms. Alexander)*

I've come to the conclusion that nowadays treatment follows the premise "the more that is wrong with you, the more you put in." Many clients come with bags full of nutritional supplements, homeopathic remedies and herbal preparations and have been following a diet that I couldn't fault on a scientific nutritional basis and yet they have seen no significant impact on health or real reversal of their condition. Why? - they ask. The answer is simple - if you don't address the toxicity then you can expect no long-term results. In fact, with detoxification - the more that is wrong with you, the less

you put in.

There are three questions that need to be answered: how great is the toxic load, how well can it be eliminated and how fast can we safely do this? For although a person may come with specific problems in reality these only reflect varying degrees of toxicity. The more toxic, the lower the vitality and the more severe the illness. In any case history you see a gradual deterioration on all levels; the impairment of the digestive system which may have started with simple food intolerances leading to severe allergies and chemical sensitivities; the gradual impairment of the immune system giving rise to recurrent infection, candidiasis and later parasites; the gradual

decline of thyroid activity (closely connected with immune function) where the slight drop in body temperature allows persistent activation of viruses including HIV; poor blood sugar control leading to addictions and later depression and last, but not least, the general decline in fertility.

So how do we handle toxicity and remove it? Detoxification involves firstly getting the tissues to release toxicity and secondly, ensuring its elimination to the outside. The second part of the equation is the most important of all, for you may be unleashing years of accumulated toxins that have been "safely" tucked away (albeit lowering the vitality of the tissues) into the blood stream at one go. This can be a greater toxic insult to the tissues and organs than the small doses received on a daily basis leaving the body in a more weakened condition than before. Unfortunately this is the first mistake that people make. They feel that the greater the toxicity, the more aggressive the treatment should be. The strongest impetus is fasting, next is fruit juice fast-

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## Detoxing and the Flagging Liver

continued from page 4

ing, then fruit and vegetable juices, then just vegetable juices. Next comes foods - first fruits, then vegetables, first raw and then cooked. A recent case I had provides a fine example of the famous saying by the late Dr. Christopher who said "Fasting is like fire - it can either gently warm you or it can kill you."

A 47 year old man suffering with chronic fatigue over the last four years sold his business and decided to take a six week holiday and go on a water fast. His previous history showed that he suffered tonsillitis as a child, later developed food intolerances, hay fever, and recently had gallstones. There was a very strong family history of heart conditions and cancer. Almost immediately following the fast the man was diagnosed with bacterial endocarditis, which carries 30% mortality. He underwent treatment but is left with a permanently compromised heart valve where he may require a valve replacement within the next 2 years.

When we unlock such poisons in our system unless we ensure their removal to the outside they will damage the body and leave it vulnerable to infection. We assume that the body detoxifies as it goes along - including toxins from drugs. Yet it becomes apparent, for example, when a patient who has undergone chemotherapy starts to detox that the bone marrow may become depressed in the initial stages as the chemotherapy residue is shifted into the circulation: thus the patient effectively gets a second dose. If this is managed properly no ill effects occur. It is obvious from the case history of the example above that this man was not able to complete the second stage of the equation - elimination to the outside because his liver, a major route of detoxification, was blocked (gall stones).

The more toxic we become, the more "stuck" we are and the treatment must be more carefully managed. The liver is like an exit from a congested freeway. If the exit is

blocked, the traffic will jam. If we then decide to send in a bulldozer to shift the traffic you will have a pile up. This is exactly what happens when you detoxify too aggressively without ensuring that the liver can cope with the amount of toxicity released. The liver is like a filter, which can clog and become weakened. This is especially true if you have suffered from glandular fever, Ross River Fever, hepatitis, digestive problems and gallstones.

We need to support the liver in its task of detoxification and there are various ways to do this. You can take specific herbs, which promote the production and flow of bile by the liver (major route of detoxification of drugs and chemicals), but this may not be totally efficient as a good proportion of the toxic bile is reabsorbed from the gastro-intestinal tract. Or there's the coffee enema! Gerson's genius lay in the fact that he recognized the dangers of toxic release into the system and he found a way to deal with it. He was working against time with many of his terminally ill patients and it was vital that he secured maximum detoxification right from the beginning. Gerson found that if he matched the rate of elimination of toxicity from the tissues with its rate of removal to the outside then over a period of time total healing occurred. It was the coffee enema that made this possible.

Gerson knew that the coffee enema dilated the bile ducts and caused a flushing of toxic bile from the liver. (Drinking coffee constricts the bile ducts). He also knew that this was the most effective method for detoxification. Since Gerson's time various active ingredients in coffee have been identified and most interestingly, the palmitates present in coffee increase the binding of toxic elements by the bile 7-fold and this enzyme-enhancing ability in the liver and small intestine does not allow reabsorption of the toxic bile. Most choleric herbs do not ensure this complete removal of toxins but only an increase in bile flow.

In order to assist detoxification I often recommend the coffee enema. They guard against a toxic build-up that can make you feel so dreadful and in this way help the body to heal. It is important to remember that the coffee enemas go hand-in-hand with the juices: no enemas - no juices and no juices - no enemas. The juices will remove toxicity from the tissues and the coffee enema ensures its removal to the outside. If used without the juices they will ultimately have a depleting effect on nutrients. The rule of thumb is - 3 juices (3 x 250mls) per coffee enema. If you increase the juices then you can safely increase the enemas.



### About the author

Kathryn Alexander, a dietary therapist, is author of the 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](http://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.

# In The News...

## Excerpts from the media

By Susan DeSimone & Charlotte Gerson

### **New National Organic Standards Proposed: Good news for organic farmers and consumers!**

On March 7, 2000, the USDA proposed new rules for national organic food certification that would prohibit the use of genetically engineered crops, irradiation and industrial sludge as fertilizer.

These standards are expected to go into effect later this year and are described by Agriculture Secretary Dan Glickman as the "most comprehensive strictest organic rules in the world." These rules will also open the U.S. organic market worldwide and will offer reassurance particularly to European consumers, who in the past few years have revolted against the importation of genetically engineered seeds.

Dr. Margaret Mellon of the Union of Concerned Scientists, an environmental advocacy group in Washington, D.C. believes that "this could turn out to be the most important rule the USDA has issued in 20 years." She continues: "The Agricultural Department's policies have made small farmers an endangered species. Now it is trying to construct a system to allow small farmers to help them survive, to help them flourish. It is also a turning point in its relationship to consumers. The

agency has never before been responsive to consumers' desires or demands."

Many thanks to the 280,000 consumers who voiced their opposition to the government's initial (weak) rules!

(For more information, visit the National Organic Program web site at: [www.ams.usda.gov/nop](http://www.ams.usda.gov/nop))

### **On a related note... Companies Go GE-Free**

Citing consumer concern, more companies are swearing off genetically engineered (GE) ingredients. Most recently, Frito-Lay, a division of Pepsi Co., told its corn growers to stop planting GE corn. Frito-Lay joins Gerber, Whole Foods Markets and Wild Oats Markets, among others in producing [and distributing] GE-free food. [Mothers and Others, *Green Guide* #77, March 2000].

### **Diabetes Drug Rezulin Pulled from Market**

On Tuesday, March 21, 2000 the drug manufacturer Warner Lambert withdrew the drug "Rezulin" from the market. It was used by more than 1 million diabetics to "control" their disease.

As it turns out, it is highly liver toxic and not only has caused "poisoned livers," but 61 deaths.

The disturbing reality is that the FDA was well aware of these harmful side effects. But rather than pay heed to the recommendation that the drug NOT be approved for licensing, the FDA removed a veteran medical officer who was opposed to the manufacturing of this drug from his position as chief reviewer. In December of 1998 the *Los Angeles Times* reported that "Two other FDA officials who recommended approving Rezulin conceded the agency initially overlooked compelling evidence of its danger to the liver."

At the time that this story broke the drug was known to have caused "at least 26 deaths worldwide."

The *Times* article stated that: "In December 1996, Rezulin, after a special "fast-track" review, became the most quickly endorsed diabetes pill in the FDA's 60-year history. But within a year, links to liver problems were being found.

Drugs are supposed to be "Safe and Effective." How many deaths does it take before the FDA decides to withdraw a drug?

## Rutgers University Study Correction

In the March/April issue of the *Gerson Healing Newsletter*, we published an article entitled "Rutgers University Compares Organic and Conventional Produce." The chart which accompanied this article was incomplete. It should have read:

Minerals were figured by milliequivalents per 100 grams dry weight  
Trace elements were measured in parts per million dry matter:

Element	Organic	Commercial	Element	Organic	Commercial
Calcium	71	16	Boron	37	7
Magnesium	49	13	Manganese	69	1
Potassium	176	54	Iron	37	6
Sodium	12	0	Copper	60	9
			Cobalt	0.19	0

This corrected article can be found in its entirety at: [www.gerson.org/healing/article/rutgersstudy.htm](http://www.gerson.org/healing/article/rutgersstudy.htm)

# Advanced Lupus

## An incredible story of recovery

By Charlotte Gerson

Since the title of Dr. Gerson's book is *A Cancer Therapy*, most people assume that it is a treatment for cancer only. That is not correct. Right at the start of his book, Dr. Gerson states that the treatment and healing is **not specific**, meaning that it is not a treatment for one special disease. The Gerson Therapy restores, as Dr. Gerson put it, "the body's own healing mechanism." As a result, the body heals itself, no matter what the name of the disease.

Because of the specific title of the book, we are painfully aware that many people who could be helped to recover from all types of degenerative problems walk away, thinking that *A Cancer Therapy* is not for them, since they don't have cancer. For that reason, we are now in the process of preparing a new book, called *The Gerson Therapy*, which will cover not just cancer but the adjustment of the treatment for other chronic diseases as well. The new book is scheduled to appear sometime in late May to June of 2000. The publisher is very excited about it and has prepared a beautiful cover. We will, of course, notify our members and friends of its "debut."

One more illustration of the Gerson Therapy's effectiveness in *other chronic diseases*, arrived just the other day. While we have seen recoveries from Lupus in a number of patients, Avrill was more seriously ill than any Lupus patient we have ever seen. I received an email from her husband containing the following story of her dramatic recovery.

"Avrill was born in 1951. According to her mother she missed out on good nourishment when she was a baby which may have weakened her immune sys-

tem.

"I first met Avrill in December, 1970 and we were married on 30 October 1971.

"We moved several thousand kilometers away from her family in Queensland to a farm in South Australia. It was early in 1972 [when] Avrill developed symptoms involving sore and swollen joints, especially in her knees and hands. I believe that it was a combination of stress and the contraceptive pill that caused her illness. During the time she was pregnant with her second child, all of her symptoms disappeared. This was 1973-74 (our second daughter was born on 05 April 1974).

"The symptoms came back but the doctors could not tell us what the illness was or what was causing it. It was not until late 1976, that a specialist in Melbourne at the Institute of Medical Science named her illness as lupus. He actually took tests to the USA with him to have his diagnosis confirmed. At the time, most doctors had not even heard of lupus, let alone know how to treat it!

"By 1978, the illness had advanced to the point where Avrill would become completely incapacitated for long periods of time. She was always much worse around the time of her period. This has always been the case and convinces me that her hormones play a part. She was hospitalised in 1979 for about a week and this was the time she started taking steroidal drugs and had cortisone injections in the joints. (Her knees would swell up like footballs, so the doctor would drain them and inject cortisone). Avrill had developed an incredible tolerance to pain. However, the pain had become so intense and relentless that she often spent the night sob-

bing and hitting her arms on the side of the bed. The overwhelming feeling of helplessness caused me a great amount of grief. To have to watch the person that you love suffer this incredible pain and misery drove me to the point of despair. I can assure you that if you had an animal that you loved suffering this pain, you would have it put to sleep.

"Avrill continued to take Nonsteroidal Anti-inflammatory Drugs (NSAIDs) and prednisone right throughout the eighties. In 1988-89, Avrill was in and out of hospital about 5 times and on high doses of prednisone. Her health was definitely on the decline at this time. There were many occasions when I thought she would just give up, but she never has. The pain was so great and the drugs were destroying her body.

"In 1989, we sold up everything we had and bought a 30 acre property at a place called Cawarral in Central Queensland, near Rockhampton. I "retired" to look after her and not because I had to, but because I wanted to, because I love her. Her health was so bad that at times she could not get out of bed, shower, go to the toilet, do her hair, etc without assistance. I can remember many occasions when she could not lift a dinner plate off the table and carry it to the sink.

"In 1992, a specialist in Brisbane told us that the only drug left in the cupboard that they could try was Immuran, but it would have devastating side-effects. Avrill was only 41 years old at the time. She refused to take it.

"Also in 1992, the doctors started to inject Avrill with morphine for pain control. We were constantly told that there was nothing

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more they could do. The prognosis was not good. We both agreed that there had to be a better way. It was in late 1992, that a friend of ours, Chi Chi Murray, gave us a book on The Gerson Therapy. After I had read it I felt hopeful that it may help. The idea that nourishment and detoxification of the body could rebuild the immune system made more sense than anything that we had ever tried.

"The next hurdle for Avrill to overcome was the thought of coffee enemas. Avrill's comment was 'no-one is going to stick tubes or coffee up my bum.' A fair enough comment, so that was the end of that for the time being.

"The pain and misery continued to escalate. Avrill was now a regular user of morphine. During 1992, Avrill had 7 courses of morphine injections. In March 1993, she was so ill with pain, that she was on 2 morphine injections per day for 6 days straight. I now knew what it was like to live with a serious drug addict. On top of the morphine, she was taking 75mg of prednisone and NSAIDS by the handful as well as Rohypnol sleeping pills.

"One day near the end of March 93 she said she had had enough. Avrill had decided to try the Gerson Therapy. We got all that we thought we needed including the Gerson Primer. In the beginning, Avrill was having up to 5 coffee enemas each day, including in the middle of the night if necessary for pain control. One thing that amazed me was the bad odour that her body gave off during the first few days of detoxification. She smelt like a dead animal. I know that sounds terrible, but we were so amazed that coffee enemas and carrot and apple juice could initiate such powerful reactions within her body. Within a day, Avrill had lost her morphine side-effects and was able to urinate properly for the first time in many months. Over the next few months, Avrill continued to improve a little at a time.

Probably the hardest thing for us to get used to were the healing reactions. We would think that the therapy was not working because Avrill would get sick with weird symptoms like panic attacks, brain darts (Avrill's description), tendons pulling tight, tightness in the throat, small sore spots in all joints, numbness of the skin, sensitivity of the skin (could not stand anything touching her skin), wonkiness and hot flushes. She found that by increasing the number of coffee enemas when the symptoms appeared, gave her considerable relief. We followed the therapy very closely at this time. I made the special soups and 13 or more juices a day to keep her going.

"Overall, the constant pain was subsiding, but a 'new' type of pain had appeared. Avrill best describes it as usually starting in one joint in a finger as a special kind of ache. She can recognize it as soon as it appears and it slowly spreads to every bone in her body. She tells me that the pain is the most unbearable that she has ever suffered. It always leads to a morphine injection. I suspect it is related to healing reactions.

"By the end of 1993, Avrill's health had improved, but she was still pretty ill. We continued with the Gerson Therapy in the knowledge that we were on the right track. This always became evident if she strayed from the diet of fresh, live food. The wrong food or serious stress would bring the pain back within hours.

"Avrill's health fluctuated from good to very bad throughout the mid 90s. One thing that we were thankful for was that when she required a morphine injection for pain, the drug had no effect on her apart from eliminating the pain. The coffee enemas eliminated any side-effects. What we had noticed by this time was that overall, Avrill's health had improved dramatically in comparison to the way she was in the late 80s and early 90s. She now had longer and longer periods without any pain. These were the first occasions

in more than 20 years that she had pain free days. She weaned herself off of prednisone in late 1998, early 1999 and remains drug free as of 03 April 2000.

"In 1995, Avrill started to take shark cartilage. I believe that it improved her health within days. For many years she had suffered with mouth ulcers and had many warts on her hands. She had tried everything to rid herself of these two problems but to no avail. Within days of starting on the shark cartilage, the mouth ulcers were gone and the warts which had been on her hands for years were disappearing. Avrill took approx 60gms of shark cartilage per day as an enema for several years and I believe that it has helped greatly in keeping her joints and bones in good condition. Avrill no longer takes shark cartilage regularly, but it certainly played a major role in improving her immune system. We have found shark cartilage useful for many different ailments.

"Avrill's health continued to improve and by 1998, she was starting to wean herself off the prednisone. Her normal daily dose over the previous 6 years had been 15mg per day. It took her about two years to completely wean off the prednisone.

"Now that Avrill is completely off prednisone, her health continues to improve. I have been working away from home for over 12 months now and she has been able to run our property unassisted. She has painted the inside of the house without any help. She has been repairing machinery, mowing all of the lawns (about 7 acres) on a ride-on mower, looking after large areas of landscaped gardens and has continued with the landscaping which involves moving rocks and logs. This is pretty incredible when you consider that a few years ago she could not lift a plate from the table or shower or put on her make-up.

"In the past twelve months, she has had two operations on her hands to repair damaged tendons

*Continued on next page* ▶



in her fingers. [Her fingers were bending backwards]. I was talking to her tonight and she was commenting on how quickly her surgery incisions on her hands had completely healed without so much as a scar. Her last operation was on Jan. 18th this year. In the old days, a cut or scratch would take weeks or months to heal, and usually after several infections. [Note: Reader, please note that Lupus is supposed to be an "auto-immune disease" with the immune system working overtime!]

"Avrill has recently started taking colostrum. [While it may be too early to tell what impact it is having on her system], she is sure

that it is helping with her sleep patterns. We are hoping that colostrum will add a little extra insurance to her building strength. I will keep you informed.

"I believe that if we had not been given the book on the Gerson Therapy, ten or so years ago, Avrill would not be with us today. The drugs and pain would have killed her. Thanks to the Gerson Therapy and what we have learned from your books and *Healing Newsletter*, Avrill has for the first time in her life a working immune system." She continues to improve and her immune system is now very strong.

"The first part of Avrill's life has been a living hell. Apart from the pain and disfigurement, she must have lived every day wondering

whether she would ever be well. I can assure you that she wonders no more! She told me on the phone last night that she had been spending an hour and a half each day using the brushcutter to slash the grass around the fences and in the creekbed. This is a heavy petrol powered piece of machinery. I am truly amazed at how well she is. I am extremely proud of her, and love her dearly as I always have. I know that she will continue to enjoy her life and good health. She certainly deserves it.

"Avrill's courage in her fight for life has been extraordinary."

- Trevor Bishop  
April 2, 1999

## Recipe Corner

### Ways with Herbs

*(Reprinted with permission from the U.K. Gerson Support Group. Originally appeared in the May 1998 edition of Coffee 'N Carrots).*

As well as adding flavor to food, herbs have nutritional value of their own. You can add them to most food to enhance flavor.

#### **Cilantro Salsa**

- 4 tomatoes
- 1 bunch green onions
- 2 lemons or limes
- 2 tablespoons of fresh cilantro (coriander) leaves

Wash the tomatoes and cut them into eighths. Then chop finely. Wash and trim the green onions at both ends. Chop finely and add to the chopped tomato. Squeeze the juice from the lemons (or limes) and add to the vegetable mixture. Wash the coriander leaves and chop finely, removing the excess stems. Add to the mixture in the bowl. Serve on a bed of lettuce with some cottage cheese.

#### **Cottage Cheese with Herbs**

- 8 oz cottage cheese
- 1-2 cloves of garlic
- Fresh herbs such as: parsley, chives, dill and coriander

Peel and finely chop 1 or 2 cloves of garlic. Finely chop the herbs using a sharp knife. Put the cottage cheese into a dish and gradually add the garlic and herbs, mixing them in well. Fork a little of the cheese mixture into the palm of your hand and roll it once or twice to form a cylindrical shape. Chop more herbs, as necessary, and roll the cylinders of cheese in the

herbs. Or, simply decorate the rolled cheese with sprigs of herbs that have been pushed into the cheese. Try tying a few lengths of chives to tie a "cheese parcel." Serve with a mixed green salad and tomato.

#### **Cherry Tomatoes and Garlic Starter** *Cherry tomatoes, or chopped large tomatoes* *Garlic* *Thyme*

Cut the cherry tomatoes in half. Place them in an oven-proof dish to which a little water has been added to prevent sticking. Peel the garlic and cut into slivers and place one or two in each half tomato. Sprinkle with thyme (or any herb of your choice). Cover and bake slowly for about half an hour. Serve on a bed of lettuce.

#### **Pamper yourself with herbal** **Herbal Steam Inhalation**

- 1-2 oz fresh herbs
- 1 pint boiling water

Crush or chop the fresh herbs and add the boiling water. Cover your head and the bowl with a large towel and inhale the steam. Use for up to five minutes, once or twice a day.

*Use the following herbs:*

- Chamomile - for catarrh, hay-fever or sinusitis*
- Lavender - for bronchitis, colds, coughs, influenza, sinusitis*
- Marjoram - for coughs*
- Peppermint - for catarrh, sinusitis*
- Thyme - for bronchitis, coughs, laryngitis, sinusitis, sore throat, tonsillitis*

**Note:** Some hay-fever sufferers may find the steam uncomfortably hot.