



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

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**Organic Food:
News & Updates**

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**David Klein's
Triumph: Defeating
antibiotic resistant Staph**

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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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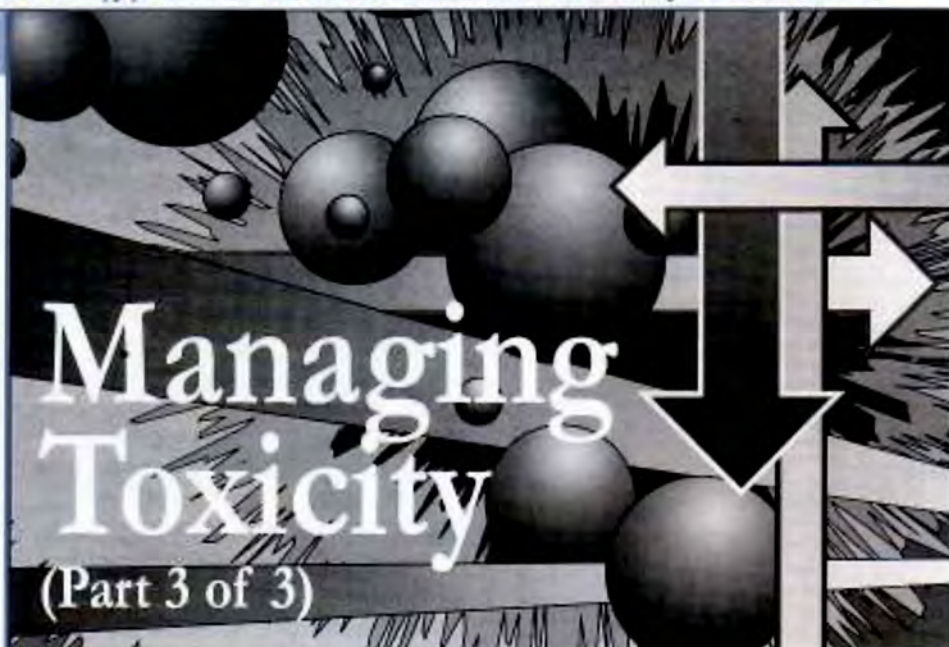
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**Managing
Toxicity**
(Part 3 of 3)

By Kathryn Alexander, D.Th.D

I find that most health conscious people have tried various detoxification diets. In fact most of my patients will tell me that of course they have detoxed many times before. When I ask them if they had a discharge of their toxicity I am usually met with a blank stare. You see the idea of cleans-

ing is so far removed from our understanding of health that when in fact the body does try to cleanse itself, or release toxins, we panic and perceive the symptoms as disease and take various preparations to "cure" ourselves. A healthy body with a high vitality

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GERSON
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Managing Toxicity

continued from front page

has a natural capacity to throw out toxicity; much like a centrifugal force which flings toxicity to the outside. At these times, when the cleansing is active we may experience mucous discharge, fever and other symptoms of infection along with aching joints, nausea and diarrhea. Have you noticed how easily a child can throw up a fever and yet 24 hours later be right as rain? A child with high vitality can release toxicity and heal himself.

The body does not create an immune response to its own toxicity. Instead it packages toxins away "safely." However, when you have worked on raising the vitality (through diet and juicing) this toxicity is released into the blood stream creating an environment which "invites" our hygiene officials in (bacteria/viruses) that act as a catalyst to a generalized immune response. We get the response we need - fever, inflammation, mucous discharge - which not only deals with the pathogenic organisms but anything in the body that shouldn't be there and ensures that it is discharged to the outside.

However, the normal response with an "infection" is to go to the doctor for a prescription to stop the symptoms, to stop the cleansing and to stop the immune response in its tracks. Over the years, if you throw enough spanners in the works, your machine will grind to a halt and you will get no more symptoms of fever, discharge or acute cleansing. At this point the body is holding so much toxicity that disease will manifest at the chronic degenerative stage. We tread a dangerous path in our "hygienic" society, which uses vaccination programs (specifically for the normal childhood illnesses), and indiscriminate use of antibiotics. Such practices thwart the body's requirement to develop a healthy active immune system. Consequently disordered immune patterns are now emerging even in our young (10% of children world-

wide now suffer with asthma with a doubling in the last 15 years) and we are fast becoming dormant to our own tumors (<http://www.trifax.org/vaccine/mmr4.html>).

So how do we manage the release of toxicity? You may remember from my last article the equation:

The rate of release of toxicity from the cells must equal their rate of removal to the outside.

This is the first rule because a toxic bloodstream poisons the body and can weaken the liver. You also need to know what toxins you are likely to release - whether it will be from medical or recreational drugs, chemicals from the workplace/agriculture/other, and will need to have some idea of how "stuck" your body is - in other words over how many years and how much medication have you taken to inhibit the cleansing and healing response. A good question to ask yourself - "When was the last time I had a fever or an acute discharge (i.e. mucous release)?" If you have been on long-term medical drugs (particularly the corticosteroids) then the healing will be much slower and more difficult to attain.

Momentum also comes into the equation. As toxicity is reduced, the vitality rises and the body builds a momentum. It doesn't happen overnight but after a process of what I call loosening and releasing. Doctor Gerson refers to cycles of healing and detoxification that he observed in his patients. Each patient followed their own unique cycle of discharge and healing as the vitality increased over the months and years until eventually the body was totally cured. I have a good example to share with you.

Sally, in her late 30s, was in good health and helping her partner on the Gerson Therapy. She decided to take some of the juices and adopt the vegetarian diet to keep him company. Although she was not absolutely strict (sneaking off for the odd cappuccino and piece of chocolate cake) there was a definite

improvement in overall vitality. 18 months later, still maintaining the change in life-style, around the equinox (21st September) she suffered the worst "flu" she had ever experienced. There was tremendous mucous elimination and in addition she was noticing "flare-ups" of previous old injuries dating back to childhood. Sally knew that she was experiencing a healing crisis.

Momentum ebbs and flows, like the tides, and there are periods of greater release and greater healing, but the critical factor is the maintenance of that momentum through the diet over a long period of time. You have to be patient and allow the body the time that it needs to heal itself. It is interesting that in many traditional medicines the changes in the geomagnetic forces at the times of the autumn and spring equinox are factored into the health equation. It is known both in traditional and modern medicine that changes in symptoms occur around these times - in Western society it is called an exacerbation of the disease but in other cultures it is observed to be a crisis which depending on its management can either worsen or improve the health picture. I have often wondered whether the term "spring cleaning" comes from our forgotten knowledge of the cleansing cycles.

Once the vitality is raised to a critical point, then detoxification will occur. You need to know what you can do to support this process. If you have observed specific patterns of illness in your own case then it is likely that the healing/cleansing symptoms will occur in these areas and it is wise to have in your medicine cupboard specific herbs that you know will support those organs/glands and the immune system through the crisis. This does not apply to Gerson patients who will need to seek the advice of a Gerson practitioner to assist them through the healing flare-up. It is also helpful to be able to differentiate between the different types of symptoms in order to know what to do.

The three categories of symptoms

1. Toxic symptoms - When you feel "poisoned". This indicates elimination of toxicity from the cells is occurring more quickly than elimination to the outside.

The symptoms include:

- Brain/mental level - headaches, foggy/heavy head, loss of concentration, disorientation.
- Mood swings, extreme irritation
- Nervous irritation as old toxins/drugs return to the circulation and affect nerve endings.
- Joint and muscle aches and pains/inflammation

To do: The coffee enema is the only method of effectively releasing this toxicity.

2. Detoxification symptoms

These occur most specifically at gut level and the symptoms are associated with huge amounts of toxicity being released from the liver into the duodenum. The strongly toxic and alkaline bile can make a patient feel extremely nauseous, vomit bile and be unable to eat or drink. It can also cause diarrhea. Sometimes increased amounts of toxicity are released following an enema as the coffee enema stimulates this release. This is a real telltale sign of increased liver activity and detoxification and is a positive sign.

To do:

- You may take an additional enema (Gerson patients must seek advice from their practitioner)
- Drink peppermint tea and gruel. Peppermint tea will increase stomach acidity and therefore help to neutralize the bile and the gruel will "mop up" toxic bile and be soothing on the digestive tract. Gruel can be added to the vegetable juices at these times, as it will help to keep them down.
- Also take gruel before and

after the enema as this will help to counteract the effects of the toxic bile.

3. Healing reactions - These occur when the body is returning to old injuries/illnesses (bacterial/viral or physical trauma) and discharging the toxicity so that the vitality may rise for true healing to occur. At these times the body will get rid of old scar tissue, heal old fractures and eliminate toxic residue through the skin, mucous membranes, liver, kidney and colon. These reactions are hopefully accompanied by inflammation, fever and general malaise, which is self-limiting. Usually a few days prior to a healing crisis the general energy/vitality seems much higher and the crisis that follows can last from 3 -10 days.

Fever: It is not a good idea to suppress a fever. Try to let it run its course but keep a check by taking the temperature every half an hour. Remember the saying "if you suppress the fever, you prolong the illness." If the temperature rises above 40°C (104°F) then you will need to take an aspirin-based medication (not acetaminophen which is damaging to the liver). Drink a little warm gruel before taking the medication.

Other ways of reducing the temperature (if it becomes too intolerable) are:

- Have a tepid bath
- Take a cool water enema
- Take cool drinks
- Sponge the forehead and nape of the neck with a cool, damp cloth (witchhazel can be used on the cloth - not with Gerson patients)
- General sponging down of the body with cool, damp cloths.

Hot and cold packs:

The **castor oil pack** is a warm pack and will:

- Release congestion from mucous membranes (respiratory, colon), so it is useful to place a pack over these areas to assist the elimination of catarrh

Continued on page 4

and infected mucous

- Increase elimination in the liver - particularly useful when you get liver "pangs" caused by spasms in the bile ducts
- Release toxic accumulation in muscles (toxins often release into the muscles and cause contraction and tension with pain of the affected muscles). The castor oil pack will release any area of spastic pain and tension.

You can keep the castor oil pack on the area until the pain is reduced. A minimum of 90 minutes is required to release congestion in the tissues. The pack can be re-used.

The **clay pack** is a cool pack

and will:

- Reduce swellings from hot inflammations (tumor sites, swollen joints, fluid retention)
- Absorb toxins from the surrounding tissue

Clay accelerates healing on open and internal wounds through these methods of reduction and adsorption. You should not leave this pack on for longer than 2 hours and it should not be re-used, as it will be saturated with toxic bi-products.

Do not stop your juicing, diet or enemas through this process. Many people go "off the track" at these critical times through confusion about what is happening and why. I hope that I have given you a few useful pointers and the confidence to manage your own healing successfully. ♦

About the Author:

Kathryn Alexander is the author of *Get a Life: the detoxification diet made easy!* (ISBN 0-646-31829-2) explains the art of detoxification in simple terms, shows you how to assess your own vitality and adjust the speed of your detoxification. Included are many recipes and menu plans to help you. It is available through some bookstores or from the author direct. Kathryn has a practice in the Brisbane area, offers consultations by post or telephone and is also a Gerson therapist. She holds regular workshops and lectures on the topic of detoxification. She also runs courses for students and practitioners of natural therapies. Ms. Alexander is a member of the Gerson Institute's Board of Directors. E-mail: kathryn@getalife.on.net Website: www.getalife.on.net

Organic Food

News and updates

By Charlotte Gerson

Over the years, beginning with the first issue of the *Gerson Healing Newsletter* in June of 1984, we have published numerous articles - nine altogether - on organic food. Obviously, it is of major importance to the Gerson patient and to all people in general.

In the *Healing Newsletter* (vol. 13, no. 2), Susan DeSimone gave an excellent description of organic food and the 'organic guidelines' proposed by the USDA (United States Department of Agriculture). 'Organic' was to include genetically engineered foods, irradiated foods, and foods grown on soil fertilized with toxic sludge! Fortunately, as we reported in the *Healing Newsletter* (vol. 13, no. 4) there was a tremendous outcry against the above 'organic standards.' More than 280,000 letters, faxes, etc. were sent to the USDA

forcing them back to the drawing board. As reported in the May/June 2000 issue of *Healing* (vol. 15, no. 3), the government's new standards are very strict and thankfully, do not resemble the first draft.

Still, we must be vigilant in our stance to keep organic food purely organic. [Please see our sidebar on page 6, "Protect Organic Foods from Genetic Engineering! Take Action Now!"].

One of the earliest discussions about nutrition and cancer prevention appeared in the October 1990 edition of the *Saturday Evening Post*. In an article entitled, "Diets that Protect against Cancers in China," the author, Cory Ser-Vaas, M.D., writes about developments that started in 1985. The *Saturday Evening Post*, in their July/August 1985 issue reported

on an important study in China that "proved how diets protect against cancer and other degenerative diseases." The author further states that in 1990, Jane Brody of the *New York Times* was very excited about this study and felt that it would shake up medical and nutrition researchers everywhere. But people (especially medical researchers) didn't listen then, and many scoffed (and still do) at the idea of using nutrition to prevent disease. Most will only talk about prevention - never mind the fact that a nutritional cure - the Gerson Therapy - has been available for over fifty years!

Fortunately, interest in organic food is increasing. The reason is not so much that the medical-pharmaceutical establishment is looking for prevention and cures. The reason is that the food industry has discovered that there is a lot of money to be made in the "organic food" business!

One item that I found on the Internet was quite telling: "[the] OTA (Organic Trade Association) estimates that the organic industry is a \$4.7 billion industry, growing

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at over 24% annually. The New York City based market research firm, Packaged Fact, predicts that the sale of organic foods in the U.S. will increase to \$6.6 billion by the year 2000." This is getting to be a number that evokes interest. In general, the food industry has never grown more than 2-3% per year. It is gratifying (and I'll admit that we take a little bit of the credit) that the public is learning the importance of eating organically grown foods.

Let's review what is meant by "organic." It is: food that is raised in harmony with nature, with natural (not chemical) fertilizer, without pesticides, fungicides or other toxic sprays, without toxic sludge, without irradiation and without the use of genetically modified

seeds or plants. There is more. Organic foods must be grown on soil that has been free of chemical substances for at least three years.

Now come the arguments of the producers of agricultural chemicals: "The earth cannot produce enough food for its inhabitants without the use of pesticides, fungicides and artificial fertilizers." That has been disproved, since organically fertilized soil yields better and more nutritious food. One of our faithful friends and readers sent us an article written by an M.D. which stated that "the agricultural chemical pesticides are no more toxic or dangerous than those naturally produced by plants with normal defenses." That may sound plausible, but it is entirely false: over the millennia, plants have produced their natural defenses without harming the soil, without killing earthworms or natural bacteria, without run-off into the sub-soil water table that kills children due to liver cancer in certain areas. These natural defenses have caused no damage to the earth, while toxic pesticides and artificial fertilizers has spoiled the soil to the extent that no amount of chemicals can render it tillable any longer. Simply put, "natural and organic" means sustainable agriculture.

A great hue and cry went up, especially in England and the EU (European Union) against the use of genetically modified foods. Again, from the Internet comes the following news dated April 28, 1999: "The world's two largest food production companies are withdrawing their acceptance of genetically modified foodstuffs. The company Unilever UK said it would phase out genetically modified foods, closely followed by Nestle, UK. Unilever sells over 1,000 brands of foods worldwide; Nestle is the world's largest food production company." These announcements are in response to continued demonstrations by European consumers resisting genetically modified foods. Fears of unsafe modified foods were founded on research that showed

experimental rats were harmed by eating genetically modified potatoes.

"When the first genetically modified foods (soybeans) were shipped to Europe, Nestle, Unilever and Monsanto told us there is no way [to stop the flow of GM ingredients in our food supply]," states Greenpeace spokesperson Benedikt Haerlin. "Three years later, they have learned that there is no way to ignore the concerns and demands of the majority of consumers. With Nestle and Unilever having broken ranks with Monsanto," explained Haerlin, He continues, "other food producers, like DuPont/Pioneer, Novartis and AgrEvo started a stampede out of GM foods." Also in the UK, a large supermarket named Iceland Stores opposes the introduction of GM foods and has banned all GM ingredients from their own brands. Other supermarkets, including Marks and Spencer, promised to be "GM free" by the end of June of 1999.

In order to heal the sick and preserve health, remember what Dr. Gerson taught us: "The soil is our external metabolism." Not only that, but since those with degenerative diseases suffer from toxicity and deficiency, it is obvious that one cannot heal with deficient and toxic foods!

In the course of our immersion in the Gerson Therapy for over twenty years, it has become easier for patients (and others) to obtain organic produce in almost every community. Although it clearly is more expensive than conventional produce, the health benefits are clearly worth the extra cost.

In our article, "The Drugging of America's Children" (published in our last newsletter), the answer to the problem of hyperactivity and ADD (Attention Deficit Disorder) was also evident: it's organic food. The evidence is there, but for the moment, drugs are still more profitable.

For you and your family's best health and for healing, we need to stress once more: only eat organic!

A New Editor for the Gerson Healing Newsletter

I would like to take this opportunity to thank Susan DeSimone for the work she has done editing and writing for the Gerson Healing Newsletter. Susan's relationship with the Gerson Institute began as a client services representative in 1997. She took over the responsibility of editor in 1999 and will continue to contribute articles for us. I would also like to welcome Norma LaMadrid who will add the role of editor to her current range of responsibilities. Norma will be preparing a questionnaire for our September/October issue so that we can find out more about your ideas for improving our newsletter. I hope you will take the time to share your ideas about the types of stories and articles you enjoy and are interested in reading. We will look forward to hearing from you.

Yours in good health,
Andrew Printer

Protect Organic Foods from Genetic Engineering! Take Action Now!!

Let the USDA know that we will not tolerate the adulteration of our food supply! Here is a sample letter, used by permission from Greenpeace.

TO:

**Keith Jones, Program Manager
National Organic Program
USDA-AMS-TMP-NOP
Room 2945-S., Ag Stop 0275
PO Box 96456
Washington, DC 20090-6456
Attn: Docket # TMD-00-02-PR**

Dear Mr. Jones,

I am writing to express my concern regarding the revised National Organic Rule. While USDA claims that consumers have been heard on the issue of genetically modified organisms (GMOs) in organics, I believe that the department must fully address this issue before the

rule is finalized.

The International Federation of Organic Agricultural Movements (IFOAM) has adopted a position that genetic engineering is incompatible in principle with organic production. I agree with IFOAM Director Bernward Geier who recently stated, "The reductionist approach of genetic engineering does not fit at all into the philosophy and principles of organic agriculture.... This approach has no place - and never will - have a place in organic agriculture. The National Organic Standards Board (NOSB) definition of genetic engineering [in USDA's rule, called "excluded methods", proposed section 205.2] must not be watered down. GMOs must be clearly and unequivocally prohibited from organics in the final rule. NOSB must have legal authority to exclude

GMOs as synthetic ingredients that are unacceptable in organic production.

The potential health and environmental risks of GMOs are increasingly well documented. American organic farmers and consumers need USDA to protect us from GMOs and genetic pollution. I am anxious to see the department's final rule with provisions that hold biotech companies responsible for contamination from their GMO crops. Further, the department should establish a nationwide notification program so organic and non-GMO farmers know the potential for contamination from GMOs in their area.

Sincerely,
Your name
Address
E-mail address

David Klein's Triumph: Defeating antibiotic resistant Staph infection

By Susan DeSimone

The Gerson Institute is an advocate of adjunctive modalities such as acupuncture, chiropractic adjustments, herbs and homeopathy. These types of therapies can boost the immune system and assist the patient through healing reactions. However, in cases of severe infection, we firmly believe in the use of antibiotics.

But what happens when someone encounters a "superbug" - such as staphylococcus aureus - a bacteria which appears to be resistant to ALL antibiotics? This "hospital grade" staph infection made headlines in August of 1999 after claiming the lives of four chil-

dren in Illinois. In January of this year the government warned hospitals that some strains of staph bacteria have become drug-resistant after confirming that a 63 year - old Illinois woman had died of heart valve staph infection that didn't respond to vancomycin, the antibiotic of last resort for lingering infections.

The implications of drug resistant bacteria are grave indeed. Yes, the FDA has approved Synercid, which in a 9/22/99 *Alternative Press* (AP) article was touted as being "the first alternative in 30 years to the current antibiotic of last resort" - but even

the medical community isn't holding their breath over this one.

"The Food and Drug Administration approved its use only in certain infections because it works well against some germs but not others," writes AP reporter Luran Neergaard.

"When antibiotics hit the market in the 1950s," states Neergaard, "doctors jubilantly predicted the end to infectious diseases. By the 1980s, half of the drug companies stopped developing antibiotics, believing the battle won. But the bugs fought back..."

So now we are, for all intents

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David Klein's Triumph

continued from page 6

and purposes, back to square one. Doctors are fearful that, even with the discriminate use of Synercid, staph and strep bacteria may still become resistant to drugs. Many of our members know that Dr. Max Gerson's great breakthrough came while practicing as a physician in Europe. After curing himself of migraines, he went on to develop his therapy to not only treat but CURE tuberculosis of the skin, bone and lungs - BEFORE the advent of antibiotics.

David Klein, of Glassboro, New Jersey remembered this medical milestone as a drug resistant infection set into his (left) big toe. Mr. Klein contracted a hospital grade staph infection after a visit to his podiatrist for a minor complication - an ingrown toenail. (David would like to stress that he doesn't attribute his contraction of the bacterial infection to his visit to the podiatrist's office. He explained that he "aired out" his toe at his office and may have caught it there - though he doesn't know for sure).

Shortly after a minor procedure to have this ingrown toenail removed, Klein noticed that the toenail had become badly infected. He paid another visit to his podiatrist, who detected a very large hole (the size of a pencil eraser), in the area where the ingrown toenail had been removed. On February 10, 1999, the lab confirmed that Mr. Klein had contracted the dreaded staphylococcus aureus.

The doctor prescribed four different types of potent antibiotics, but none of them responded to the infection. David also suffered terrible side effects from these potent drugs. Not only did the infection fail to respond to these antibiotics; it was starting to spread. His podiatrist was afraid that the infection might reach the bone and continue to infect the entire foot. If this were to occur, David would face the grave prospect of an amputation.

He didn't want to check into the hospital for a vancomycin treatment, which was surely where he was headed. So a few days into what would be his final round of antibiotics, he turned to a modified version of the Gerson Therapy: strict adherence to the Gerson diet, 8 glasses of carrot/apple juice, thyroid, Lugol's solution, desiccated liver tablets, potassium, pancreatin, B-12 (sublingual) and he also added an organic grape-seed extract supplement. Within one week, David noticed a noticeable change in the infection - it started to drain and the hole

began to shrink. The infection completely cleared after three weeks on the Gerson Therapy. Mr. Klein was also pleased to report a weight loss of twenty pounds!

For the Klein household, the Gerson Therapy is a family affair: his wife, Joanne is also on the modified therapy. She cured herself of fibromyalgia and lost twenty-five pounds, while her chronic fatigue problem has improved dramatically.

David's podiatrist was quite impressed with his recovery following the Gerson Therapy - so much so that he eagerly viewed the Gerson videos and read Dr. Gerson's book *A Cancer Therapy*. Now a Gerson convert himself, the doctor has even recommended the Therapy to a family member who has cancer. It certainly is refreshing to hear that even conventional doctors are open to the Gerson philosophy.

[Note: The best way to prevent bacterial infections is to wash your hands thoroughly! A good rule of thumb is to wash them for the duration of the tune "Twinkle, Twinkle Little Star." Anti-bacterial soaps are probably not a good idea - like antibiotics, they may in fact contribute to the growing number of drug resistant superbugs]. ♦

Getting to Know Client Services

By Norma LaMadrid

(Top to bottom):
Sharon Murnane,
Blanca Ayala,
Nan Southern



Many of our members have had the pleasure of speaking with Client Services staff, but few of you have had the opportunity to meet them. Without further adieu, we would now like to introduce you to the mighty "force" that drives the Gerson Institute, the Client Services Department: Blanca Ayala, Sharon Murnane and Nan Southern.

Sharon Murnane

A native of Pennsylvania, Sharon Murnane has been involved in the nursing profession for over 30 years. Because she grew up among family members who were in various medical professions, it seemed to her that becoming

a registered nurse was the professional path to take. "It was a natural choice to make," Sharon says, "...and I wanted to work with people to help them heal using both the art and the science of medicine. I found that nursing provides vast opportunities to do that in my life."

As her professional life evolved, she discovered that nursing was becoming more demanding and stressful for nurses. There was less quality patient contact and service available to people in need. So she thoughtfully had to make changes within her career. She reflects, "I've had to make a change within my career to stay congruent with my philosophy."

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Questions & Concerns

Clarifying some confusion

By Charlotte Gerson

Our Client Services associates are frequently asked about various details of the Gerson Therapy. We are very much aware of the fact that there are many "Do's and Don'ts" involved in the treatment and we try to answer these concerns.

One of the items to which I refer has several different versions in different editions. The item is cucumbers. In Dr. Gerson's original edition of *A Cancer Therapy*, on page 239, he states under **FORBIDDEN** (see list), cucumbers, followed by a short explanation, "too high in sodium". That fact is part of the problem; but then, some readers may say that celery is also high in sodium (which is true) and is not forbidden. One additional and major reason why cucumbers were forbidden is that they are very difficult to digest, especially in combination with the vegetable juices. They cause indigestion, gas, and stay like "lead" taking a long time to digest in the stomach. Since celery is also relatively high in sodium, but is not forbidden, Dr. Gerson's naming cucumbers as "too high in sodium," was simply left out. Naturally, that doesn't answer any questions. So, I propose that we simply state both facts regarding cucumbers in any new edition of the Gerson book. In the meantime, our friends and readers will have an explanation.

Another question that comes up quite frequently is about how to prepare gruel. On page 201 in *A Cancer Therapy*, Dr. Gerson suggests adding gruel to juices as one of the items to use with flare-up symptoms such as nausea and/or upset stomachs. However, there is no mention anywhere in the book on the preparation of gruel.

Patients report that this gruel, taken alone, is very soothing to an

Making Gruel

- Use 5 parts of (distilled) water to 1 part of organic, rolled oats
- Place in saucepan and bring to a boil
- Let simmer approximately 15-20 minutes
- Cool and pass through a fine strainer, pushing the oats through
- the fine mesh so you obtain a semi-liquid, viscous, drinkable mix.

irritated stomach and relieves nausea. When adding approximately two ounces of gruel to 6 ounces of juice as suggested by Dr. Gerson, it serves as a cushion to the recovering irritated stomach when the patient is able to resume the intake of juices.

Getting away from foods, we also get many questions about pest control. Clearly, it is extremely important on the Gerson Therapy not only to eliminate already existing toxins from the body, but also to guard against the introduction of new poisons from the environment. Since large amounts of fruit and vegetables are a necessity on the Gerson Therapy, patients usually have to arrange deliveries of these materials from cooled storage warehouse facilities. These facilities are often invaded by insects, such as cockroaches, that live in the spaces between the wooden planks of bushel baskets or boxes. Thus they get into the patient's homes. In multiple dwellings, such as apartment houses, they often infest cracks under sinks, etc. even without the boxes of produce that are delivered to the patients. Naturally, people find these crawling insects disgusting, or, worse, feel that they may

spread diseases. Actually, I feel that they do less damage than the poison sprays used to kill them! However, it is not too difficult to control cockroaches by spreading boric acid powder around sinks and other cracks in walls and around pipes where they can be seen. Boric acid powder is not harmful to pets or children, and especially not toxic to the patient. The effect of the boric acid powder is not as immediate as the poison sprays that are advertised - but it does work after a while. There are other possible controls: the "Roach Hotels", which contain poisons, but they are completely enclosed and do not get into the air for anyone to breathe. They are not safe for pets or children, however. In order to control ants, you want to make sure that there is no food item around to attract them. (Ants not only love fatty items, but sweet fruit, dried fruit juice, and especially honey.) There is a product called "Grant's for Ants" that can be placed outside the house, in the basement or, as in California where there are few houses with basements, the slab on which the house rests. The toxic portion is mounted on a type of spear that is inserted into the ground at perhaps 15 feet intervals after piercing the protective plastic cover. This product is surprisingly effective. It can also be used indoors, placed in the path of invading ants. When it comes to flying insects, such as flies and mosquitoes, of course screens are very helpful. If flies come into the house, the old fashioned sticky fly strips can be used. There are also more modern controls, such as electric lamps, that are equipped with a sweet solution to attract the insects. When they arrive, they are "zapped" with a high heat electric charge. This works on outside porches that may not be screened in, should patients and families enjoy spending mild summer evenings outdoors.

While patients are not supposed to sunbathe nor sit in the sun, they should definitely spend some

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Questions and Concerns

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time outdoors every day without wearing sunglasses, glasses, or contacts. These block needed ultraviolet rays. As has been discovered by John Ott, it is very important that ultraviolet light enter the pineal and pituitary glands through the eyes. Patients should be in the shade, under a tree or umbrella, or on a shaded porch. If they "need to be in the sun", presumably to keep warm, cover them with an extra sweater or blanket but move them into the shade. Direct sunlight must be avoided and is not necessary.

Seriously ill, weak, and debilitated patients should not exercise or take long walks for at least the first 3-4 months. After that time, when their energy improves, they should take short walks (starting with 5 minutes) in summer during early morning or evening hours, in pleasant weather, without exhausting themselves. It is always unwise to waste energy that needed for healing. If the patient is tired from longer walks, he/she should cut down on the walking time to avoid exhaustion.

When a patient has responded favorably, a picnic trip into the woods can be a wonderful break to a routine. Carrot/apple juice can

be taken along in a thermos; warm soup also travels well. Potatoes can be made into potato salad; the same goes for beets and string beans. A nice big mix of greens with Gerson dressing and flaxseed oil on the side, plus some fruit completes a perfect Gerson meal. One patient shared a photo of a "Gerson camping moment" where he was shown taking his "coffee break" out in the woods, with his enema bag hung on a nearby tree! This procedure may not be to everybody's taste - but it has been done. (Be sure that there is a restroom nearby, too!). ♦

Getting to Know Client Services

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And that philosophy is married to the importance of diet and nutrition in health. She began to study holistic nursing in 1990 to integrate her beliefs in mind-body-spirit connections to health, healing, and wellness. She is now a Certified Holistic Nurse and a Certified Healing Touch Practitioner. She has her own private practice in Guided Imagery, Healing Touch, and stress reduction, as well as working part-time with the Gerson Institute for over two and a half years.

When asked what her favorite part of working with the Gerson Institute is, she smiles and replies, "I love being available to listen and assist people in making choices for their health and well-being as a support partner to them. It's also been a blessing to me that working with the Gerson Institute has been an ongoing educational process - learning from not only the Institute but from patients as well. I love working in an environment filled with hope, kindness, and compassion."

Blanca Ayala

Blanca has the distinction of being the most senior employee of the Gerson Institute. "When I first started working at the Institute as a temporary employee in May of 1992," recalls Blanca, "I thought, I'm probably not going to be here for very long; this business is

about cancer...too painful. I had lost my mother and husband to cancer. After a few days I received a call from a recovered cancer patient and I thought to myself: 'What? How can that be?' Well, I decided to investigate what the Gerson Therapy was about and later tried it myself with very good results."

Blanca has worn many hats during her tenure here, and she has played an integral role in the operation of the Institute. She has put her organizational prowess to work: she manages the Gerson patient Follow-Up Program - sending questionnaires to thousands of Gerson patients, including those who have done the Gerson Therapy on their own. Blanca carefully maintains the databases for all Gerson patients, Gerson Networkers (recovered patients), the Gerson Patient Support Network (patients who are currently on the Therapy) and Gerson Support Groups worldwide. Blanca is more than happy to share her vast technical knowledge of the Therapy with callers and is always willing to go the extra mile for our clients who often need help with referrals and other holistic resources. In addition to the day-to-day tasks that are shared by her and Nan (answering telephone inquiries, taking orders for books, videos and newsletters, scheduling and coordinating patient arrivals for Oasis of Hope Hospital, etc.) she also answers all e-mail inquiries.

Blanca has recently initiated a new project, one which will undoubtedly become indispensable to the Gerson Institute: an "Index of Most Frequently Asked Questions" which will assist Client Services personnel in finding answers to questions related to the Gerson Therapy.

"I am happy to be a part of this organization and enjoy sharing what I have learned with those who seek information, support and guidance," says Blanca. "The Gerson Institute's staff has worked with great devotion to provide the public with the resources and tools needed to assist Gerson patients, and we are of course particularly grateful for Charlotte Gerson's never ending help," states Ms. Ayala. "The Institute has developed programs such as the Practitioner Training Seminars, e-mail assistance, a very informative web site, and patient networks to name a few. It is very rewarding to know that the bulk of these programs are provided to the public at no charge, and I hope more will be added in the future."

Blanca was born in Chihuahua, Mexico and was raised in El Paso, Texas. She is the proud mother of three.

Nan Southern

Nan has been a client services representative since March of 1996. The area of holistic health was totally new

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Getting to Know Client Services

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to Nan. "Dealing with chronic and degenerative diseases was so far out of my league - payroll was my specialty," explains Nan. "I read books, newsletters and watched the Gerson Therapy videos. The next thing I knew I was really getting involved. I was fascinated listening to the telephone conversations and was so impressed with the way staff members handled each and every call so patiently," states Nan.

Nan's duties at the Institute include pulling messages each morning and returning each call, handling incoming calls, taking pertinent incoming patient information, making travel arrangements, and following up with each patient on a monthly basis after they return from Oasis. This patient follow-up program by telephone is fairly new, and Nan has really handled the job well. Her down-home, folksy manner immediately puts clients at ease, and many patients feel comfortable enough to open up and share

their difficulties as well as their triumphs with her. "It has been great for me to hear all these personal stories - to laugh and grieve with clients," states Nan. It's obvious that she thoroughly enjoys this aspect of her job.

"I have learned so much since coming to the Institute," says Nan, "words I couldn't even pronounce before.. Now I can spell illnesses I never heard of. But more importantly, I have learned that your body is a terrible thing to waste; you only get one. I am not a complete 'Gerson Person,' but in all honesty, I am not the same person who walked through the doors of the Gerson Institute in March of 1996. As for the people with whom I have been in contact with (whether I have met you or not), you and your family will always be in my thoughts."

Nan has a very strong work ethic and she really gives 100% to each and every client.

A native of San Diego, Nan is proud of her five children and eleven grandchildren. ♦

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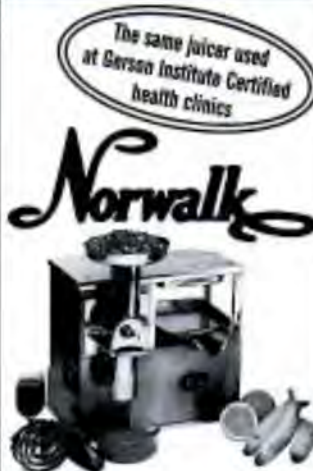
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