



Special Offer:

“Admirable!”
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“Engrossing!”

While these praises could be used to describe our own *Gerson Healing Newsletter*, they are among the critical compliments describing Giuliano Dego's epic novel, *Doctor Max*.

From Labor Day until December 31st, 2000, we are including a **FREE** copy of *Doctor Max* with every new and renewing Membership.

No matter what level of Membership you choose (see "Membership Levels" on reverse side) you will receive this additional gift. *Doctor Max* (a \$19.95 value), absolutely **FREE**. As a Member you will also get our bimonthly *Gerson Healing Newsletter*, containing uplifting recovery stories, health news, new Gerson developments, and essential Gerson Therapy commentary by Charlotte Gerson and others.

As a non-profit organization, we rely upon your help. Your donation will help further our healing goals and allow us to reach those in need of this life saving Therapy. And don't forget, any donation you make is also tax deductible!

To become a Member now and take advantage of this limited-time offer (while supplies last!) Call or send in your membership application before Dec. 31, 2000 (be sure to mention you want your copy of Doctor Max!)



Doors Open for Alternative Health Practice

By California Citizens for Health Organization

Editors Note: The following information was taken directly, and with permission, from the California Citizens for Health Organization web site. It is an update on a very important legislative bill introduced in California and the progress to make it law. This informa-

tion lends hope to all citizens and their doctors who are concerned by the lack of freedom of choice on alternative therapies and non-allopathic healing methods in treatment for serious disease.

There are many other states,

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GERSON
HEALING
NEWSLETTER

Vol. 15, No. 6, November-December, 2000

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Mission Statement

The Gerson Institute is a non-profit organization dedicated to the healing and prevention of chronic and degenerative diseases based on the vision, philosophy, and successful work of Dr. Max Gerson.

Vision Statement

Giving an effective option for enhanced quality of life in harmony with nature, for ourselves and future generations.

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 pg. 11).

Please address all letters
and comments to:

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Doors Open for Alternative...

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namely Ohio, Minnesota, Kentucky and New Jersey, that are struggling to legislate medical freedom into law. The most vital point made in this article is the importance of citizen involvement to continue the struggle to gain more accessibility and control over our bodies' health. At the end of this article you'll find important information on how you can get actively involved.

Good news! Our alternative medical bill, SB 2100, has passed the full Senate and House and has been signed by Governor Gray Davis. This bill was introduced in March of 2000. Over five years of effort by our volunteers have gone into preparing for this bill.

Due to opposition from the Consumer Attorneys over technical requirements to have regulations defined in the bill, it was not possible to pass the bill in its original form. Senator John Vasconcellos and his staff took the approach of modifying it to a study bill that would form the basis of a future bill. Study bills are common and often used in order to gain enough support for controversial or complicated issues.

In summary, the revised bill requires the Medical Board of California and the Osteopathic Medical Board of California (boards) to establish policies related to the practice of alternative medicine. The boards would establish, on or before July 1, 2002, policies and procedures that reflect emerging and innovative medical practices for licensed physicians and surgeons and to solicit participation of interested parties. Both California Citizens for Health Freedom (CCHF) and physicians who work in the alternative medical field will have an active role in this process.

This bill also requests that the University of California review the state of knowledge and emerging research regarding alternative and complementary health, focusing on cancer treatments and therapies. They will make recommendations to

assure that California citizens diagnosed with cancer will have the best range of treatment and therapeutic choices. Again, CCHF will be a participant in giving feedback to this committee.

The recommendations and analyses of these two committees will form the basis for a new bill that will be introduced within two years. With a full new medical board, we have a good chance of educating them on alternative medicine and its benefits for California citizens. For full text of the bill, visit our web site at www.citizenshealth.org.

Senate Bill 2100 will change medicine in California.

California state code restricts treatment of cancer to chemotherapy, radiation and surgery. This prevents citizens in California from selecting cancer treatments that are currently available to citizens in other states. Some alternative treatments for cancer will be recommended by this bill.

Bills that enable physicians to provide "alternative" treatments are called Medical Freedom Bills. New York and Texas in addition to other states have passed such bills. For more information on the states that have passed medical freedom bills or have pending bills www.healthlobby.com/news.htm.

California is considered the most important state in the nation as a future trendsetter. For this reason this Bill can expect to have major opposition from the special interest groups that support the allopathic (drug and surgery) approach to medicine.

For further details on this bill, E-mail Frank Cuny at frank@citizenshealth.org. To join with other interested citizens in supporting our efforts and receiving updates and progress of the bill send an E-mail to freedom@citizenshealth.org. We will send you updates on this and other health freedom issues.

HOW TO BE AN ACTIVIST

Please contact us [Citizens for Health] if you can volunteer to do one or more of the following:

1. Collect names on petitions for current issues. You will be given detailed instructions for circulating. Pass out information about current issues, take flyers to local health food stores etc.
2. Man booths at upcoming health/trade shows in your area. You will be given necessary information. This usually involves giving out flyers and educating people about issues and goals for our organization.
3. Phone, E-Mail, and write letters to legislators and newspapers in your area/district. We are creating a list of volunteers who we can contact when we need them.
4. Be a local representative in your town for Citizens For Health; you will get support and direction from us.
5. Help in fund raising. We are a non-profit organization, as are most grass roots groups, we are supported by donations and some small grants.

If you feel you can help, or if you want monthly newsletters/alerts E-Mailed to you, send an E-mail to: freedom@citizenshealth.org stating you would either like to help, or simply request to be added to the email list (please include your zip code).

'tis the season to give...

Please make a tax deductible donation to the Gerson Institute this holiday season.

Some Tidbits of Importance

By Charlotte Gerson and Norma LaMadrid

Estrogen Replacement Therapy:

\$840 million worth of "natural" hormone replacement drugs such as "Premarin" are prescribed each year. Many women who take "Premarin" do not know that the word is a combination of three words: Pregnant Mare's Urine. It may be natural to the horse, but it contains 49 products that do not belong in women's bodies.

Premarin does not prevent nor reverse osteoporosis. Some studies have shown that its side effects, such as headaches, nausea, bloating, diarrhea, excess hair growth and some vaginal bleeding, are only the precursors for future problems. One Harvard study found that women, aged 60 to 64, who had been taking estrogen for five or more years had a 71% higher risk of breast cancer. Furthermore, while patients are told that Premarin supposedly also prevents heart disease, it turns out that those women taking it had an even higher risk of heart disease, and new research has even suggested that it may cause heart disease. A study in the *Journal of the American Medical Association (JAMA)* has found that women taking estrogen developed blood clots and heart disease, while those who did not, had none.

Talcum Powder:

The *Women's Health News Journal* has published a warning about using Talcum Powder. Talc has been shown to cause lung cancer in babies when it's inhaled, and ovarian cancer in women when applied to the genital areas. Use corn-starch instead. It duplicates the same drying effect without any risk.

Toilet Paper:

Apparently, the artificial dyes contained in some toilet paper can cause irritation to the skin. There have been reports of women who had severe local irritation from such dyed toilet papers; however, they were treated for some years for genital herpes. Of course they suffered pain, flare-ups, anguish and frustration. When one gynecologist finally understood the problem and switched the women to white toilet paper, the problems disappeared. The *Women's Health News Journal* also reports the case of a man and his daughter, both experiencing pain in their genital area from irritation and soreness. When they switched back to their white paper, their symptoms disappeared. We suggest that only unscented, white toilet paper be used.

Fabric Softeners:

These products leave a chemical residue, whether liquid or dryer sheets are used. They leave a chemical film that never really washes out! We saw one patient who had become free of asthma attacks on the proper diet and had a bad case after visiting a friend's house. It turned out that the friend had fabric softener sheets in her dryer that was functioning during the visit.

The *Women's Health News Journal* offers the following alternative: Add ¼ cup of distilled white vinegar to the wash cycle. It supposedly softens your clothes and also gets rid of static cling.

Moth Balls:

There are numerous warnings in the *Gerson Therapy Handbook* for patients about various cosmetics and household chemicals. You

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may not have seen anything about mothballs. These are made from a highly toxic chemical, para-di-chloro-benzene, that can cause nausea, headache, kidney, liver, and lung damage.

An alternative solution is available. There apparently is an herbal repellent, called *Moth-Away*. You could also line your closets and drawers with cedar sheets. These items are available at Home Depot stores or at Bed, Bath and Beyond.

Banana Chips:

Banana Chips from a grocery or health food store are NOT dried bananas. They are deep-fried, and also contain oil and sugar. Obviously, Gerson patients should not use them. Dried or dehydrated bananas are available, but are very sweet--a good treat for kids, but too sweet for Gerson patients. An occasional treat for a patient, freeze peeled ripe bananas, then run them through the Norwalk, or other grinder. You'll have instant banana ice cream!

Rice Milk:

This is not milk nor a watered rice extract. It contains salt and oil! For the kids, or for a rare treat for Gerson patients, you can make your own. Cook organic brown rice until tender. While fresh and hot, put it into the blender with just enough distilled water until you get the milk consistency you want. Add a small amount of unpasteurized honey if desired. When well-blended, pour through a fine stainless steel strainer to remove solids. Keep in refrigerator. This "milk" can be used on stewed fruit or oatmeal. Shake or mix before using.

The last two items above, (Rice Milk and Banana Chips) have been reprinted from the *Healthful Living Newsletter*, edited by Jean-Guy and Echo Maillet; Suite 354, 3104 30th Ave., Vernon, BC BIT 9M9, Canada.

Green Tea:

According to *InTheseTimes.Com* (an internet news journal), it appears that the Green Tea you've been enjoying to benefit from its anti-cancer chemicals called catechins, may not be as healthy as we previously thought. Research has shown that many green teas sold here come from abroad, having been grown in countries that still

allow DDT and DDT-related sprays to be used on crops. Studies have shown trace amounts of DDT in people who drink green tea for its health benefits. The journal's article (from August 21, 2000) discussing this issue relates the various brand names that were found to be contaminated with this deadly poison—a poison that is now outlawed in the U.S. But experts do not discourage people from drinking this very beneficial beverage; they strongly recommend that the buyer beware and make certain that the green tea they purchase is certified organic, only.

With Gratitude...

We wish to give our readers our deepest thanks for filling out and returning their questionnaires during the last 2 months. We received hundreds of replies filled with informative answers and great suggestions.

We are now reviewing and incorporating all the data, and will then make the necessary improvements to the content and quality of articles in the Gerson Healing Newsletter.



A Victory for Bill Dejka!

A recovered Gerson patient shares his story

By Norma LaMadrid

We at The Gerson Institute don't know about our success stories unless they walk right through our doors. This was the case one bright morning last August. Mr. and Mrs. Bill Dejka came to visit our offices to pick up some of our literature and I began asking some questions about their interest in us. As it turns out, Bill is a recovered Gerson patient of 17 years!

Well, I definitely wanted to know more as he was not listed in our database as ever having gone through the Gerson Therapy. Plus, he was a local resident of San Diego, so I asked if he would be so gracious as to be interviewed as a featured recovered patient for our newsletter. He agreed enthusiastically.

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Insidious Disinformation Campaign Exposed

By Charlotte Gerson

At the end of May, Betsy Hart, a frequent commentator on CNN and the Fox News Channel, authored an outrageous article entitled, "Natural Foods May Pose Biggest Threat to One's Health". In this article, the reader found supposed information that 'organic' foods can kill! Betsy claims that, in her shopping trips, she avoids organic things "like the plague". She claims that 'organic' is not only more expensive, is not as attractive, but could actually cause disease. She goes so far as to report that the FDA (Food and Drug Administration) states that sprayed and chemically treated produce is "safe at levels hundreds and thousands of times above what anyone could actually consume in a lifetime." Not only that, but she goes on to say that the "natural stuff" poses the biggest threat to children and all adults. She quotes e-coli

bacteria as being present in these foods and a report that claims some 12 people have died due to this bacteria after consuming organic foods.

Betsy claims that she has three little kids to worry about, and wants to provide the healthiest food for them. Sad to say, she was bamboozled and, much worse, she may well have contributed to the seriously damaged health of thousands of people, especially children, with her rambling article

I couldn't believe that any intelligent, thinking person could write such an article. My first reaction was that it was perhaps authored by corporations who produce toxic chemicals used on our foods crops. But no; Betsy is a commentator. My next thought was a great deal less charitable. "Betsy, go ahead

and poison your kids – but leave others to think for themselves". Betsy, for example, doesn't mention the thousands of cases of e-coli occurring from meat products, heavily treated with preservatives and other chemicals, or the hundreds of people dying from these infections.

Betsy is not familiar with the article that appeared in our May/June 2000 issue of the *Gerson Healing Newsletter* (Vol.15, No. 3) describing the ravages among children who eat deficient, toxic foods. These are the same kids who become ill with ADD (Attention Deficit Disorder) and then are drugged with Ritalin! Subsequently, these kids become brain-damaged for the rest of their lives. Yet, the ADD problem has been solved with organic, nutritious

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A Victory for Bill Dejka!

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cally and we made an appointment.

Bill was diagnosed with prostate cancer in 1984 and immediately had surgery to remove his prostate. His doctor at that time assured him that they had gotten all the cancer out. But in 1988, cancerous tumors were found in his lymph nodes, rectum, and bladder – the cancer had metastasized. Doctors at that time (he went through four!) suggested he go through an experimental hormone treatment; he began the treatment but decided not to complete it. Instead he thought that there had to be a better way.

After doing some research on his own, visiting the library and reading anything he could about alternative therapies, he came upon Dr. Max Gerson's book. After careful consideration, he went to the Gerson Clinic in Tijuana in 1988 and got on the Therapy. He stayed on it for two years, continuing the Therapy and even working full time after leaving the Clinic.

In 1990, all of Bill's tumors disappeared; but his PSA (prostate-specific antigen count, used to detect cancer in the prostate), went up after leaving the Therapy for awhile. In 1993, he returned to a slightly modified Therapy, drinking 6 glasses of fresh juices, and administering 2 enemas a day, in addition to liver shots.

To this day, he religiously follows the Therapy, lives a very active life, and practices meditation to help alleviate stress and keep him on the right track with his health. When asked if he had any personal advice to give others, he suggested, "Regardless of what treatment you may be on, get on the Gerson Therapy immediately to get the body functioning properly again."

As a gesture of his generosity and desire to help others, he also asked that we publish his home phone number for anyone to call with questions for him about his experience with the Gerson Therapy. He may be reached at (619) 444-7736.

foods, possibly also by extra supplementation of additional vitamins and minerals.

In the few months that followed this insidious propaganda, I have been asked several times about that infamous article and have vigorously denied its claims. As we well know, chronic degenerative diseases are all caused by two basic problems: deficiency and toxicity – both caused by foods heavily treated with fungicides, pesticides, and many preservatives. We also have decades of experience with organic foods that are able to overcome the ravages of toxicity, that help the body to detoxify, and restore good health. Betsy, be assured that a toxic, deficient ill person *cannot* be healed with toxic, deficient food. We are delighted and further encouraged by the fact that the organic food industry is rapidly expanding. The public is now more aware that 'organic' is not only healthier and safer, but also tastes better.

We are also winning on another front in the campaign to correct disinformation. It appears that Monsanto has planted disinformation (let's face it, in plain language they are *lies*) and it has aroused loud protest. On Monday, August 7th, 2000, ABC News in New York admitted that a "20/20" report by John Stossel, who also questioned the safety of organic produce, was wrong. The reporter would also apologize on the air for his mistake. Stossel had said on the air that tests conducted on produce for ABC News "found no pesticide residue on the conventional samples or the organic; that organic food was no safer than regular food and warned it could even be dangerous." An Environmental Working Group in Washington discovered that tests were never conducted for the show. ABC confirmed this. The report originally aired in February but was repeated in July. Kenneth Cook, president of

the Environmental Working Group, reported that he objected to the original airing. But the report was nevertheless repeated by Stossel on July 7th. Cook said that "Stossel is not a contrarian, he's a counterfeiter who will do anything for ratings." Finally, as reported by the *Monterey County Herald* on Friday, August 11th, Stossel apologized. But after having been warned of the first broadcast's inaccuracy, why was it repeated?

Behind all this controversy, as usual, are the 'big boys'. It appears Monsanto and others who genetically modify our food supply, were incensed about the refusal of the organic industry to include genetically modified foods as being 'organic'. They purposely started this "disinformation" campaign but got caught. Rapidly, they lose credibility, as do others such as Stossel and Betsy Hart, along with the media who lend themselves to publish these lies.

As we pointed out in an earlier article, ALL European countries are refusing to accept or purchase GM (genetically modified) foods. American food manufacturers, if they hope to sell to Europe, have to certify that there are NO GM products in any of the ingredients in their foods.

Another important point to consider is that there has been a huge campaign underway by soy mega-farmers to get the American public to accept and buy soy and soy products. These products, among other things, claim to prevent or even help cure cancer! However, the public is not being told that 70% of the soy produced in the US has already been genetically modified. In Britain recently, some 300,000 acres were 'accidentally' planted with GM seeds. The farmers are furious and the population is up in arms. NOTHING about this incident was reported by the US media, while it was big news in Europe. Proponents of GM food still insist there are no *verified* reports of any deaths resulting

from GM food. Should we wait for these to happen *after* enough of our foods are permanently modified and changed? We all must vigorously and loudly reject the tampering of our food crops.

We still stand by our motto: **Eat Only Organic!**

Staff

Announcement

We are pleased to announce an important staff change at the Gerson Institute. Sharon Murnane, RN, HNC who has been reviewing medical records and speaking with prospective Gerson patients since January 1998 has been promoted to the position of Director of Gerson Therapy Programs.

Many of you may have spoken with Sharon prior to your admission to a Gerson clinic in Tijuana. Many more of you will have read about her in our spotlight on staff article titled "Getting to Know Client Services," published in *Gerson Healing Newsletter* (vol. 15, no. 4, 2000).

As the Gerson Institute continues to expand its services Sharon will be instrumental in developing programs designed to support Gerson patients whether they are following the Therapy at home or at licensed clinics. So, look out for advances to our various referral lists and the implementation of new discharge, companion and follow-up programs in the coming months.

Both the staff and the Board of the Gerson Institute are excited about Sharon's new role with us and we wish her well as she embarks upon this new chapter of her Gerson career.

Help us restore health & hope

Please make a tax deductible donation to the Gerson Institute this holiday season

Holiday Recipes a la Gerson

By Gerson Support Group, England

...With many thanks to the Gerson Support Group in England!

It seems only yesterday that we anxiously awaited the birth of a new millenium, yet we now find ourselves doing a double take and looking forward with joyous anticipation to the holidays. Oh, the fun of buying and wrapping presents for friends and loved ones! And let's not forget the warmth of sitting around the table celebrating and feasting with family. To contribute to the festivities, we want to present you with some special, healthy, and delicious Gerson recipes below. By the way, these recipes do not show measurements nor the number of servings, so use your imagination and some common sense to guide you. Bon Apetit! and Happy Healthy Holidays!

Cherry Tomatoes and Cottage Cheese Starter

Ingredients:

Cherry tomatoes
Cottage cheese
Chives
Dill
Mint
Garlic

Directions:

Slice the tops off the cherry tomatoes; save them for later. Mix the herbs and crushed garlic in with the cottage cheese. Spoon on top of the tomatoes. Replace the tops on the tomatoes and serve on a bed of lettuce. (Shave off a little of the tomato bottoms to make them sit flat).

Pumpkin and Apple Soup

Ingredients:

1 large onion
1 clove of garlic
1 1/2 lb. pumpkin (or butternut squash)
1/2 lb. of carrots

3 Granny Smith apples
Chives
Yogurt

Directions:

Parboil the onion in a little water until soft. Then add the garlic, pumpkin, or squash, and carrots, plus a little more water. Cook gently for about five minutes. Chop the apples and add enough water to cover (or use vegetable stock). Simmer for 20 minutes, or until the carrots are tender. Put through the food mill. Add chives to the yogurt and serve the soup hot with a swirl of the chive yogurt.

Mixed Roast Root Vegetables

Ingredients:

4 carrots
2 parsnips
6 potatoes
1 butternut squash
2 large red onions
Thyme
Parsley

Directions:

Chop the carrots into thick diagonal slices. Mix with the potatoes, parsnips, and squash all cut into 1 inch chunks. Add the onions cut into quarters. Put everything into a large casserole dish. Add a little water to cover the bottom of the dish. Place in preheated 350° oven until done and just beginning to brown slightly. Let cool slightly and turn onto a serving plate, then add a spoonful of flaxseed oil. Sprinkle some thyme and chopped parsley over the top of dish.

Fancy Garlic Potatoes

Ingredients:

Potatoes
Garlic
Flax oil

Directions:

Cut the potatoes into slices, almost through the base, but not quite

separating the sections. Put in an oven-proof dish. Bake in the oven at 350° for 1 to 1 1/2 hours until done. Place potatoes onto a serving dish. Mix the crushed garlic with flax oil and pour over potatoes.

Fresh Fruit Salad

Ingredients:

Apples
Pears
Kiwi fruit
Oranges
Tangerines
Bananas
Grapes
Chopped dates
A handful of dried apricots
Apple juice or orange juice
Mace
Mint
Yogurt

Directions:

Cook apricots in a little water, then set aside. Chop a variety of fruit into small chunks. Add some apple or orange juice, mace, mint to the apricots and apricot juice. Add the chopped fruit and mix. Put into a serving bowl. Serve with yogurt.

Gerson Christmas Cake

Ingredients:

1 Cup wheat, oat, or spelt bran
1 Cup mixed dried fruit
1/2 Cup sugar
1 Cup apple or orange juice

Mix the above ingredients in a bowl and soak for an hour, then add:

1 Cup wholewheat flour
pinch of allspice

Directions:

Put everything into a loaf tin and bake in a preheated 350 degree oven for an hour. (You may vary the ingredients: add a banana, chopped apple, or pear. Add honey. Use chopped dates, apricots, prunes, etc.).

Your Teeth and the Meridians

By John Anderson, BDS



According to traditional Chinese medicine, a form of bodily energy called Qi (pronounced 'chee') is generated in internal organs and circulates throughout the body, forming paths near the surface of the skin called meridians. This whole-body network is called the meridian system.

The understanding and use of acupuncture as both a diagnostic and treatment modality goes back approximately 6,000 years to Chinese medicine. Not until a German physician (Dr. Voll) actually traced these electrical pathways (acupuncture meridians) and proved their existence, did Western medicine finally begin to use them and see their value.

New relationships between medicine and dentistry are being explored. We say 'new' loosely as medicine and dentistry had similar origins. The first physicians were no doubt dentists as they treated the whole body, which included extracting teeth when necessary. Until the mid-19th century, dentists and physicians were not trained separately and it was at this time that dentistry became the first officially recognized specialty of medicine.

As medicine became allopathic

(drug-based), a tremendous separation between medicine and dentistry was created. They should not be separated, especially when you consider that 80% of chronic diseases are directly, or indirectly, caused by dental interventions. These include mercury fillings, root canals, surgical extractions left to heal by themselves, electro-galvanism, and orthodontic treatment that leaves the occlusion in a poor relationship relative to the whole body.

The access points to the meridians can be found on the hands, ears, and feet, etc. and also in the mouth on the teeth. If we utilize the teeth as a way of measuring this energy flow through the body, it can be shown that individual teeth literally correlate to the body's organs and tissues. Examples are that the four wisdom teeth are all on the small intestine meridian. The stomach meridian encompasses the four upper molars that are not wisdom teeth and the lower pre-molars. The large intestine meridian passes through the four lower molars and then the four upper pre-molars. The combination of the gallbladder and the liver meridians traverse all four canine teeth. The bladder and kidney meridians run predominantly through the lower and upper anterior teeth.

These electrical pathways help to localize all the major problems that occur in the mouth. They may be secondary to too much infection (e.g. from dead teeth with root canals, or osteocavitations from poorly treated tooth extraction sites), or too many toxins from heavy metals as well as stresses from poor occlusion.

All these factors also affect the

whole body via these energy meridians and can be diagnostic in that a sensitive tooth may literally be telling us that there is something wrong with a particular organ system. The teeth may be affecting anything on a particular meridian and anything else on a meridian can affect the corresponding teeth.

A chemical battery is created in one's mouth between dissimilar metals (i.e. silver and gold) causing galvanic currents that affect particular meridians and cause the release of mercury metallic ions from amalgam fillings. Due to the variation of charges on fillings it is important to replace amalgams in the correct order. It is for this reason that holistic dentists use electrical measuring devices so that correct sequencing of removal can take place.

The brain and the central nervous system are strongly affected by the electrical current in all people whose mouths contain metal-oral galvanism. The currents measured in the mouth are generally anywhere from 100 to 10,000 times more powerful than the natural currents found in the brain, which is only roughly an inch away from the upper teeth.

The above gives a brief insight into how the teeth are related to the bodily organs and it is my experience in practice that the system is highly accurate with many clinical examples that illustrate this.

(This article was borrowed from the British Gerson Support Group's "Coffee 'n Carrots" newsletter. For more information on this subject and the article's author contact him at his website: www.holistic-dentistry.co.uk or write to him at 4 West End, Penclaud, Swansea, England, SA4 3YX).

Basic Rules for Cats Who Have a House to Run

A Little Light Relief

By Ally Khat

Doors

Do not allow closed doors in any room. To get a door opened, stand on hind legs and hammer with fore-paws, or if in a room with a nice carpet, feverishly scratch at the carpet by the corner of the door. Once the door is opened, stand halfway in and out and think about several things. This is particularly important during very cold weather, rain, or snow. Swinging doors are to be avoided at all times.

Chairs and Rugs

If you have to throw up, get to a chair quickly. If you cannot manage in time, get to an Oriental rug. If there is no Oriental rug, then shag pile is good. When throwing up on the carpet, make sure you back up so that it is as long as a human's bare foot.

Bathrooms

Follow the human to the bathroom first thing in the morning. Insist that the door remain open, letting out all the heat. If the human forgets to leave the door open, see 'Doors' above and proceed to scratch at the most inconvenient time. Always accompany guests to the bathroom. It is not necessary to do anything—just sit and stare.

Hampering

If one of your humans is engaged in some close activity and the other is idle, stay with the busy one. This is called 'helping', otherwise known as 'hampering'. Following are the rules for 'hampering':

- a) When supervising cooking, sit just behind the left heel of the cook. You cannot be seen and thereby stand a better chance of being stepped on and then picked up and comforted.
- b) For book readers, get in close under the chin, between eyes and book, unless you can lie across the book itself.
- c) For knitting projects and paperwork, lie on the work in the most appropriate manner so as to obscure as much of the work or at least the most important part. Pretend to doze, but every so often reach out, slap the pencil or knitting needles. The worker may try to distract you; ignore it. Remember that the aim is to hamper work.
- d) When a human is holding the newspaper in front of them be sure to pounce on the back of the paper. They love to jump.

Walking

As often as possible, dart quickly and close as possible in front of the human, especially: on stairs, when they have something in their arms, in the dark, and when they first get up in the morning. This will only help their coordination skills.

Play

This is important part of your life. Get enough sleep in the daytime

so you are fresh for your nocturnal games. It is important though to maintain one's dignity at all times. If you should have an accident during play, such as falling off a chair, immediately wash a part of your body as if to say, "I MEANT to do that!" It fools those humans every time.

Humans

Humans have three primary functions: to feed us, to play with and give attention to us, and to clean the litter box. It is important to maintain one's power when around humans so they will not forget who is the master of the house. Humans need to know basic rules. They can be taught if you start early and are consistent. You will then have a smooth-running house.

(We cats of America wish to thank the Gerson Support Group in the UK for this very informative article. Clearly, these instructions can only make our lives more fun and comfortable in the long run!)

