



Found Inside:

**Aspartame:
The Poison in Our
Food**

- See article on page 4 ▶

**A Match Made in
Heaven**

See article on page 5 ▶

**The Adventures
of Dizzy
Downes;
Or When The Going
Gets Tough, So Does
Dizzy!**

- See article on page 7 ▶

**The Patron Saint
of Santa Fe**

See article on page 8 ▶

**Class Action Suit
Against the
Makers of Ritalin**

See article on page 9 ▶

Keeping the
Gerson Therapy
Pure

By Charlotte Gerson

One day in 1934, while Dr. Gerson was practicing in Vienna, Austria, a patient arrived complaining of some special problem. Dr. Gerson told him that he would be given the Gerson Therapy. The patient countered, saying that he had already tried that at a different clinic, and it didn't work. This statement piqued Dr. Gerson's interest since he had never heard about any other clinic or doctor using the Gerson Therapy. He asked further how and where this was taking place. Then he asked the patient what he had been given as the "Gerson Therapy". It turned out that the clinic had dispensed just ordinary food but added one apple to this patient's diet, and this sup-

posedly qualified as the "Gerson Therapy"!

Naturally, things have changed after all these years and after the many volumes describing the Gerson Therapy, including the more than a quarter of a million *A Cancer Therapy - Results of 50 Cases* sold and in circulation. Nevertheless, there are still people, clinics, and practitioners who claim to use the Gerson Therapy; yet they modify it to their own ideas and convictions. The Directors of the Gerson Institute aim to keep the Gerson Therapy "pure". For me as well, this endeavor is very important and close to my heart. One major

Continued on page 2 ▶

In This Issue

- | | |
|---|---|
| 1 Keeping the Gerson Therapy Pure | 8 The Patron Saint of Santa Fe |
| 4 Aspartame: The Poison in Our Food | 8 From the Mailbag... |
| 5 A Match Made in Heaven | 9 Class Action Suit Against the Makers of Ritalin |
| 7 The Adventures of Dizzy Downes; or When the Going Gets Tough, So Does Dizzy | 10 Gerson Classifieds |
| | 11 Gerson Institute Supporters |
| | 11 Membership Form |
| | 12 Lecture Schedule |

GERSON HEALING NEWSLETTER

Vol. 16, No. 1, November-December, 2001

Editorial Staff:

Charlotte Gerson, Founder
Andrew Printer, Executive Director
Norma LaMadrid, Editor

Board of Directors:

Mark Bruce, M.B.A., B.S., President
Ernie Becarris, M.A., D.C., Vice President
Shella Kendro, RN, BSN, L.Ac., Secretary
Shirley Tice, Treasurer
Jane Vlahos

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:

The Gerson Institute

c/o: Gerson Healing Newsletter
P.O. Box 430, Bonita, CA 91008-0430
tel (619) 585-7600 fax (619) 585-7610
MAIL@GERSON.ORG

© 2001 Gerson Institute

WWW.GERSON.ORG

problem is that, when "altered" or "improved" Gerson treatments are used, and then fail, the original Gerson Therapy is blamed. However, keeping it pure it is not quite as simple as it may sound.

Dr. Gerson was always looking to improve the treatment to get even better results. He stated "I think I could do a lot to improve the results", (Appendix II, p. 411, *A Cancer Therapy, Sixth Edition*). He worked almost entirely on his own, with his observations at his patients' bedsides. If a 'new' idea or substance was publicized, he might cautiously try it, first on himself, then on one or two recovering patients. If results were good without apparent side effects, he would apply it on a larger scale, and possibly incorporate it into the treatment. With all his caution, he also had one terrible failure when he read the glowing reports published in the medical literature about the use of "contrary sex hormones" in cancers of the sex organs (female hormones for males, male hormones for females). He describes the disaster in his book (Appendix II, p. 416, *A Cancer Therapy, Sixth Edition*).

Dr. Gerson also stated that it was possible that 25 years hence (and this was in 1958) the soil could be so severely changed and damaged that one might no longer be able to heal with food. We are way beyond the 25 years, or 1983; and the soil is much more seriously damaged and poisoned. One of the first changes that had to be made to the Gerson Therapy was the insistence on using only organically grown food, rich in nutrients and free of poisons - as they used to be.

The next problem was the extensive use of cytotoxic (cell poisoning) drugs, known as chemotherapy. Dr. Gerson did not discuss this problem in any writings simply because these drugs had just begun to be used and he didn't have patients who were treated with them. One exception was

Johnny Gunther. When Johnny had the "six months flare up" which we recognize today, Dr. Gerson assumed that his use of hormone treatments caused Johnny's recurrence and took the blame when Johnny died.

When the first Mexican Gerson clinic started to admit patients who had been treated with chemotherapy, the medical staff felt that intensive detoxification was certainly in order to help these poisoned patients. But it wasn't that simple. When these patients were given castor oil along with the rest of the treatment, much of the chemotherapeutic drugs that had remained in their tissues were released all at once. An enormous overdose of chemo went into their blood stream. When the first two such patients had to be treated for this overdose in intensive care, the doctors promptly reduced the intensive detoxification, omitted castor oil treatments from these patients' protocol, and also reduced the number of coffee enemas and Gerson medication. These modifications helped and these pre-treated patients also showed results. These changes do NOT apply for patients who did not receive chemo.

Throughout the decades we've witnessed increased use of pesticides and fungicides, changes in the soil, and the increasing use of fluorides in drinking water. There has been tremendous growth of over-the-counter drugs, as well as new and more dangerous medical drugs. There has been vastly growing use of HRT (hormone replacement therapy which also increases cancer incidence) in menopausal women. And let us not forget the increase in street drugs and other toxins. Patients became more seriously ill and more damaged than those that Dr. Gerson described. Then came the trouble with calves' liver.

It was after the spread of pesticides and fungicides that had caused retention of these poisons

in the tissues of patients that Dr. Gerson noted less reliable results in his patients. At that point, he added the juice of raw, young calves' livers. And he found that this worked miraculously, powerfully supporting and detoxifying the liver, and his results were better than ever. In order to duplicate his results, the Gerson Therapy hospital also used the juice of raw young calves' livers for close to 10 years. The results were excellent. But new problems developed. With the increasing use of hormones, sprays, antibiotics, and artificial feed for cows, the calves were no longer disease-resistant or healthy. In the late 1980's, it was noted that patients contracted infections from the raw liver juice, infections only present in raw meat, namely *Campylobacter*. Calves' livers from ALL U.S. sources were infected. It was a serious epidemic. Naturally, this forced the discontinuation of the raw liver juice. (See Appendix III, *ibid.*) Then several interesting events followed.

The patients, overall, did not respond as well as they had with the liver juice. Results were somewhat less than excellent. However, procuring the raw liver after patients went home became difficult and expensive. Making the liver juice after the liver arrived was messy, difficult, and time consuming. A considerable number of patients quit the treatment because of the expense, mess, and time needed to follow the Gerson Therapy. This reduced results. On the other hand, since the Therapy became less expensive and less trying without the calves' livers, more patients stayed with the treatment and recovered. So the results were not dramatically reduced.

Next, research showed that a new product, Coenzyme Q-10, contained some important materials that were able to replace, to some extent, the active ingredients of the raw calves' livers. With the addition of defatted liver capsules to the Gerson Therapy and also the Coenzyme Q-10, it was possible to

restore to the treatment some of the important factors that had been supplied by the raw calves' livers, and that are important for healing.

Moving into Mexico, it was almost natural to look into the benefits of Laetrile, also described as Vitamin B-17. I will not describe all the politics and controversies over this material. It has been amply described and fills entire books. Looking at the positives, it is non-toxic. This is always a first requirement for anything new that might be tested on Gerson patients. It has a long track record and a great many publications show that it can help tumor destruction. Increasing tumor breakdown could be dangerous without helping the body rid itself of the resulting toxic dead tissue. Therefore the Gerson Therapy fits beautifully into this picture. It helps the body get rid of the toxic by-products.

Laetrile is especially helpful with bone cancers, since it reduces pain. In lung cancers, it helps to reduce tumors. There is no reason why it cannot be added to the Gerson Therapy. In addition, it has been shown that, once laetrile travels through the blood stream, it tends to increase the tumor temperature. Then, when the patient's whole body is immersed in a hot bath (about 102/104 degrees Fahrenheit) the tumor temperature is increased still more, increasing the process of tumor reduction. This procedure has also been added to the Gerson Therapy and is routinely given to Gerson patients at the Gerson licensed Oasis Hospital.

Dr. Gerson used little aids, such as cooling and/or heating packs used by grandmothers for generations, to relieve certain irritations like coughs, swellings, and inflammations. We have gladly adopted the age-old idea of mudpacks, using cleansed Montmorillonite clay for toxic bites, and arthritic or other inflammations. Dr. Gerson does not mention these in his book. Also very helpful are the castor

oil packs, first described by Edgar Cayce. They help patients with liver pain, bone pain, sore backs and such. Sometimes the doctors experiment and try the castor oil pack, then the mudpack, and see which one helps patients. Occasionally, they are best used in turns.

One item that can be confusing is the use of flaxseed oil (cold-pressed linseed oil). In various places through his book, Dr. Gerson warns about the deleterious effects of oils and fats. Yet the patient runs across the need for flaxseed oil, on pp. 235 and 246 (described as linseed oil). This addition was used by Dr. Gerson in his last year of practice, and was added to the treatment *after* the publication of his book. For that reason, it does not appear in the original edition of his book; but in communications with Dr. Albert Schweitzer, he described his use of the flaxseed oil, and its dosages (see Appendix I, p. 397). This addition also shows Dr. Gerson's constant search to improve the treatment, and changes he had to make.

How does the reader know what changes to the Gerson Therapy are appropriate and which are not? The first principle is that any addition must be non-toxic. The patient must also search through Appendix II, for example, to avoid items Dr. Gerson found damaging, such as oil-based vitamins A & E, several of the B vitamins, calcium, and other minerals, and soy products. Substances to avoid are powdered, processed, and pharmaceutically altered, such as beta-carotene. The Gerson Therapy provides more than adequate amounts of these in fresh, raw form in the juices, easily absorbed even by the sick body.

In most cases, the Gerson Institute staff will be able to answer questions relating to the addition of other procedures or products. Usually, keeping the Gerson Therapy pure is the safest way to go. •

Aspartame: The Poison in Our Food

By Charlotte Gerson

The patents on the artificial sweeteners NutraSweet, Equal, and Spoonful, all made from Aspartame, have expired. Yet the manufacturer, Monsanto, has managed to have it incorporated into some 5,000 food products.

The information contained in this article is taken from one written by Nancy Markle, who not only gives permission to reprint and distribute it further, but urges everybody to do the same. Nancy spent several days lecturing at the World Environmental Conference on Aspartame. The problems with this product are so tremendous and frightening that it will take some time to enumerate them all.

One major indication of these problems is the recent epidemic of "multiple sclerosis" and "systemic lupus". In a keynote address by the Environmental Protection Agency (EPA) there was an announcement that there was an epidemic of the above diseases and that they did not understand what toxin was causing it to be widespread throughout the United States. This is the reason: when one of the products of Aspartame, (NutraSweet, Equal, and Spoonful) is used as a sweetener, and the product's temperature exceeds 86 degrees Fahrenheit, Aspartame breaks down into wood alcohol. For decades, consumers of alcohol and alcoholic drinks have been warned against substituting wood alcohol in the place of alcoholic drinks, because it is poisonous and, among other problems, can cause blindness and death. The methanol (wood alcohol) breaks down further and converts to formaldehyde. Formaldehyde is made by the oxidation of methyl alcohol. It has been shown to be a car-

cinogen and causes irritation of the throat, respiratory and gastrointestinal tracts and central nervous system. It can cause vertigo, stupor, abdominal pain, convulsions, unconsciousness and renal (kidney) damage. Formaldehyde is grouped in the same class of drugs as cyanide and arsenic--deadly poisons. The methanol toxicity mimics multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers. Probably due to the irritation, victims increase their consumption of the drinks, often to three to four 12-ounce cans per day or more.

Nancy Markle continues to report that in the cases of systemic lupus as triggered by Aspartame, the victim doesn't know that this is the culprit and continues its use. In some cases, the lupus has become life threatening. When victims stop the use of Aspartame, they often become asymptomatic; yet the disease is NOT reversible by known treatments. The problem is worse for people diagnosed with multiple sclerosis when in fact, the disease is methanol poisoning. Many of their symptoms disappear, even in some cases their vision and hearing have returned. Yet people still suffer from fibromyalgia, spasms, numbness in legs, cramps, vertigo, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision and memory loss.

A hospice nurse told the author that six of her friends, all heavy Diet Coke addicts, had all been diagnosed with MS. In spite of three Congressional Hearings on Aspartame, at a time when it was only in 100 different products, nothing has been done. The damage to brain activity and all kinds of neurological problems includes

seizures. It also changes the dopamine level, worsening Parkinson's Disease that is a disturbance and/or lack of brain dopamine. Aspartame also has been known to cause birth defects.

As in so many cases of drug use, they cause a contrary effect. People use the "Diet" drinks and so many other products because they feel that it helps them enjoy the food without causing increase in weight. That is not the case. The Congressional record has a notation which states that, "It makes you crave carbohydrates and will make you FAT". Dr. H. J. Roberts, a specialist in Diabetes and world expert on Aspartame, has also written against the use of Aspartame entitled, *Defense Against Alzheimer's Disease*. (1-800-814-9800). He observes that when he got patients off Aspartame, they lost an average of 19 1/2 pounds. In his book, he also tells how Aspartame poisoning is escalating Alzheimer's Disease. A hospice nurse also observed that women are being admitted at 30 years of age with this disease.

Aspartame is especially deadly for diabetics. All physicians know what wood alcohol will do to a diabetic. These patients develop vision problems (retinopathy). The Aspartame prevents blood sugar level to remain steady, causing many patients to go into a coma. Many have died. People reported at a conference of the American College of Physicians that they had diabetic relatives who switched from saccharin to an Aspartame product, and that these people had gone into a coma. Their physician was unable to control the blood sugar levels. The patients suffered acute memory loss, eventually coma and death. The products of Aspartame are neurotoxic, and go past the blood brain barrier and break down the neurons in the brain. Neurosurgeon Dr. Russell Blaylock has stated, "The ingredients of Aspartame stimulate the neurons of the brain to death,

Continued on page 8

causing brain damage of varying degrees." Dr. Blaylock has written a book entitled, *Excitotoxins: The Taste That Kills*. (Available through Health Press, 1-800-643-2665). Doctors have also reported that "we are talking about a plague of neurological diseases, including manic depression, panic attacks, rage and violence."

With all this available information, books, lectures, conferences, and even congressional hearings, it is safe to assume that Monsanto, the manufacturer of Aspartame, knows how deadly it is. Yet, they fund the American Diabetes Association, the American Dietetic Association, Congress, and the Conference of the American College of Physicians.

The *New York Times* ran an article on November 15, 1996 on how the American Dietetic Association takes money from the food industry to endorse their products. Therefore, they cannot criticize any additive or tell about their link to Monsanto. Nancy Markle reports that she told a mother whose child was on NutraSweet to get the child off the product. The child was having grand mal seizures every day. The mother called her physician, who called the ADA, who told the doctor not to take the child off the NutraSweet! The child continues having seizures.

Aspartame poisoning is partially the cause of what is called "The mystery of the Desert Storm health problems". Several thousand pallets of diet drinks were shipped to the Desert Storm troops. They sat in the 120-degree Fahrenheit sun for weeks while the Aspartame broke down into methanol and formaldehyde. The service men and women drank the sodas all day. All their symptoms are identical to Aspartame poisoning.

Dr. Luis Elsas, Pediatrics
Professor of Genetics at Emory

University, has testified before Congress. He stated that, in his original lab tests, animals developed brain tumors from Aspartame. When Dr. Espisto was lecturing on Aspartame, one physician in the audience, a neurosurgeon, said, "when they remove brain tumors, they have found high levels of Aspartame in them".

There is an excellent replacement product on the market called Stevia, a natural sweetener, which actually helps sugar metabolism, is ideal for diabetics. The FDA has approved it as a dietary supplement. However, the FDA has prohibited the labeling of Stevia as a 'sweetener' for years because of their loyalty to Monsanto.

Senator Howard Metzenbaum introduced a bill that would have warned of the dangers of Aspartame for infants, pregnant mothers, and children. This bill would have also instituted independent studies on the problems existing in the population (seizures, changes in brain chemistry, changes in neurological and behavioral symptoms). The powerful drug and chemical lobbies killed the bill.

We have long known that the FDA protects the food and drug industries, not the trusting public. Just because the FDA allows the inclusion of products in the processing of foods (canning, jarring, freezing, preserving, etc.) it does not mean that the many chemicals used in the processing are safe. Nancy Markle warns, "If a label says 'SUGAR FREE' - DO NOT EVEN THINK ABOUT IT!!!"

We revert to our basic Gerson Health refrain: eat only organic, fresh, living foods! •

A Match Made In Heaven

By Norma LaMadrid



The Oasis of Hope Hospital

It was just last August that the Gerson Institute and the Oasis of Hope Hospital celebrated their one-year anniversary as partners in service to better health for our clients

Oasis is the ideal place to incorporate a Gerson clinic. The dream was to admit Gerson clients as patients who wished to take the Gerson Therapy under the supervision of trained doctors. For many reasons too lengthy to describe here, it was not possible until very recently.

The Institute's main motive in establishing this relationship was to work with a respected hospital. And surely, Oasis has held that title for many, many years thanks to the able and reputable leadership and vision of Dr. Ernesto Contreras who has been at the forefront of holistic and metabolic medicine for decades. The hospital is a sparkling clean, modern, state of the art facility that sits close to the beaches of Tijuana, Baja California. It stands as a tribute to the dedication of many who passionately believe that alternative

Continued on page 6



A Match Made in Heaven

continued from page 5

medicine contains within it a promise of non-traditional, non-invasive, non-lethal healing of serious illness.

It also has been very important to the Gerson Institute that the Therapy remains pure and be applied as per Dr. Max Gerson's studies and recommendations. Sadly, this has often not been the case in other clinics and treatment centers to the detriment of many ailing people. But at Oasis, there is comfort in knowing that they will keep the integrity of the Therapy intact, which is of vital importance to a patient's well being. It is this long-standing reputation that we aim for at the Gerson Institute

The Gerson Clinic at Oasis contains 14 rooms placed together on one floor of the hospital. There, Gerson clients have their own private rooms that contain two beds—one for the patient, the other for the patient's companion. With the assistance of a well-trained staff, Doctors Jean Dessources and Jaime Martinez (both internal medicine specialists) oversee the proper and timely application of the Therapy, including the serving of fresh juices hourly and three Gerson meals per day. And let us not forget the scheduling of the always-important 'coffee breaks'. The Doctors make frequent rounds to the patients and carefully analyze each individual case with great care to detail and results.

The Oasis kitchen staff performs an excellent job in not only juicing almost constantly, but also in preparing healthy, organic Gerson meals on a daily basis. The environment in the dining hall is warm and inviting, with a generous amount of outside light coming through large glass windows. The meals are presented with an eye for color and presentation, making sure everything looks tasty and nutritious---and it is!

The Gerson Institute also recently began to give regular educational classes for Gerson patients at Oasis that cover a wide variety of subjects from nutrition to relaxation techniques to how to prepare for the trip back home after a stay at the hospital. Many who stay at Oasis find themselves leaving with more questions than answers as to how to continue the Therapy at home and these classes allow for the addressing of these questions. Hence, patients go back home with some peace of mind and hopefully greater determination to live long healthy lives.

More importantly, the staff from both organizations meet on a monthly basis to review the on-going progress of administration and procedural protocol between both parties and how all of this is affecting the overall care of the patient. There is follow-up on recommended improvements and follow-through on their implementation. Again, this is all to insure quality of care for the patient above all.

It is important to note here that Gerson clients must be referred to Oasis of Hope Hospital before being admitted. One need only call our Client Services department at 1-888-4-GERSON to ask for more details. Incidentally, a person does not have to be seriously ill to be admitted to Oasis; we have many cases of people wanting to just detoxify their bodies of toxins and pollutants, and regain a healthier immune system as well as a greater sense of vitality and health. And going to the Oasis of Hope Hospital to do this is a great way to learn the Therapy properly in a supportive and caring environment.

We at the Gerson Institute hope to continue this most positive and helpful partnership with the fine people at Oasis. It is through them that Dr. Max's work can manifest and be witnessed as the remarkable therapy that it is. •



Top: Oasis kitchen staff member prepares Gerson meals

Middle: Dr. Dessources

Lower: Dr. Martinez

The Adventures of Dizzy Downes; Or When the Going Gets Tough, So Does Dizzy!

By Norma LaMadrid



Left to right from top: Nan Southern, Sharon Murnane, E.H., Carol Beard, and Dizzy Downes.

Destiny plays an important role in all our lives. So does serendipity. And there is no better example of meaningful coincidences than those that have fallen into Dizzy Downes's lap. Dizzy (yes, that's her name!) was a long-term patient of Oasis of Hope Hospital last Fall. But her story begins long before her coming to us. It begins in London, England where she resides.

In September of 1999, she had casually read an intriguing story of a young girl who recovered from cancer with the Gerson Therapy. Dizzy clipped the article and kept it, not knowing how important this was going to be for her later. Six months later, she was diagnosed with brain cancer (Astrocytoma, stage 4) and had a brain scan plus a biopsy taken immediately, at which point two tumors were found. Dizzy had suffered severe impairment of her senses and couldn't speak, read, or write. Her career in making commercials had dried up and she couldn't get insurance. Life was not looking

rosy at all.

She underwent surgery where only one tumor could be removed safely. She was administered radiation therapy as a treatment, but was given the prognosis that the cancer would return within the year. It was at this time that she remembered the article about the recovered Gerson patient.

Needless to say, her Doctor was not at all pleased that she would consider an alternative therapy. But in July, she contacted the Gerson Institute and arranged her finances, business, and personal life to leave for the Oasis of Hope Hospital. In September, Dizzy arrived with a companion to assist her during her stay. Unfortunately, the companion had to turn right around and head back to England leaving Dizzy by herself.

In steps the Gerson Institute to the rescue. Nan Southern, who works in our Client Services department, offered to assist in securing a companion; a service not provided by The Gerson Institute to patients. But because this was an unusual circumstance, an exception was made for Dizzy. Beginning with our very own Sharon Murnane, Director of Client Services Programs, Nan found a way to connect with others willing to stay with Dizzy.

But Sharon could only stay a short time and Dizzy was to be at Oasis for quite a few weeks to receive the Gerson Therapy. Next came a series of different people to help out, including our valuable volunteer Carol Beard, one of our Gerson practitioners, and four other women who all came and went for various reasons. All

thanks to Nan's diligent searching, Dizzy for most of her stay had a companion with her.

As to her medical condition, Dizzy's blood tests showed a severe infection. For awhile no one could quite figure out what the source might be. Finally, it was traced to the dental work that was done when she was back home. It was recommended that she visit a local Tijuana dentist. He found that indeed her problems were due to cavitations caused by her root-canal treated teeth. She is doing much better now, thanks to the dentist's care.

Since beginning on the Gerson Therapy a total of 2 ½ months ago, Dizzy has been getting better and feeling stronger. And anyone who sees her would attest to her fighting spirit, so important to recovery. The drugs that had been prescribed for her are slowly being withdrawn, and she is quite optimistic about her state of health.

She is planning to return to her artwork, concentrating on her personal and spiritual life, and being close to her loved ones. She has discovered throughout this ordeal who her real true friends are and discovered a "family" that she didn't think she had. On December 2nd she left Oasis and went back home to England. She is continuing the Therapy at home, knowing she still has a long road ahead of her. And we wish her all the very best. *

The Patron Saint of Santa Fe

By Norma LaMadrid

One of life's best pleasures is coming across remarkable people whose warmth and generosity are astounding. Such a person came to us when we at the Gerson Institute began making plans to give a lecture and workshop in Santa Fe this past November. A gentleman named Ted Ore contacted us to get information on Charlotte Gerson's activities and we spoke about possibly getting local financial support to help with expenses. Right away, Ted jumped in and offered to underwrite the entire trip including expenses at the location where we eventually held this event. We are so very thankful for Ted's (and his wife, Marilyn) financial support and care in making this event a success. We consider him our 'Patron Saint of Santa Fe'.

If any of our members and / or readers feel inspired to be one of our 'Patron Saints' and would also like to arrange a similar visit by Charlotte Gerson to your town, please call Norma LaMadrid at 1-888-4-Gerson for more details. *

From the Mailbag...

By Charlotte Gerson

We often get comments from our members and friends about articles that have been published in the *Gerson Healing Newsletter*. The lead article in Volume 15, No. 5, of September/October 2000 got more responses than usual.

This one comes from a medical doctor, NOT a psychiatrist nor a psychologist.

"In response to your recent article questioning the suicide mentality of cancer patients, I have coached hundreds of cancer patients since retiring from orthodox medicine and surgery in 1969, and through careful questioning I usually find that most people with cancer have experienced one or more emotionally traumatic events. This caused them to turn inward in a very negative way, perhaps unconsciously, feeling there was nothing positive to live for.

"Conversely, when these same people are asked, 'How will you change and rededicate your life if you are given the chance?', they usually can create a new vision which seems to override the stress placed on their immune systems when they are turned negatively inward.

"I applaud the life's work of you and your father whose first book awakened me to toxemia and detoxification. I teach the Gerson Therapy along with other self-help methods."

"Sincerely, M.K., MD

I should like to insert here that there are innumerable persons who go through horrendous emotional traumas, e.g. the loss of a child by cancer, or the long-term tortures of prisoners of war or hostages

with huge daily stresses that DO NOT develop cancer! These are people who have to live with these memories, often for many years, and have no "out".

Our next letter comes from a long time friend and former patient who did not suffer from cancer.

"Heartfelt thanks for your article in the last newsletter, 'Exploring the Cancer Patient's Psyche'. Although I hadn't heard the saying: 'Cancer is a socially acceptable form of suicide,' this blame-the-victim statement doesn't surprise me. I heard similar things from well-meaning psychologists when I was searching for the cause of my symptoms.

"It is hard to believe such 'explanations' for cancer are still being peddled. I know how much they enraged me years ago, whether they came from the Simontons in the seventies, or from our dear friend, Beata. To me, they're just as devastating as telling a rape victim she has somehow willed the assault to happen.

"... You have said what needed to be said, only you always say it so much better than anyone else."

"Sincerely, F.J."

I believe that this quote says it best: "If you return hope to a patient who, having been diagnosed with cancer expects to die, it changes his entire outlook". Aside from the "New Vision" as he calls it, the Gerson Therapy also gives the patient a new, detoxified and therefore clearer brain, with new hope and confidence. He/she can now handle the emotional pain(s) of the past; it no longer crushes him or her. *

Class Action Suit Against the Makers of Ritalin

By Charlotte Gerson

In the May/June 2000 Issue of the *Gerson Healing Newsletter* (Vol. 15, No. 3), our lead article was on the dangers of Ritalin use to control so-called hyperactive children. We are happy to report that about a month ago, the Internet carried the news of a class action suit against the manufacturers of Ritalin.

The law firm of Waters & Kraus filed a class action suit in Texas against Ciba Geigy Corporation U.S.A., Novartis Pharmaceuticals Corporation, Children and Adults with Attention-Deficit Hyperactivity Disorder (CHADD), and the American Psychiatric Association (APA). The suit alleges fraud and conspiracy. The suit charges that "Ciba/Novartis planned, conspired, and colluded to create, develop and promote the diagnosis of Attention Deficit Disorder, (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) in an effort to increase the market for its product, Ritalin. It also took steps to promote and dramatically increase the sales of Ritalin".

I don't want to outline the entire legal background on which the case is based. However, among other things, the Ciba/Novartis Corporation has been accused of artificially manufacturing a new disease known as "Attention Deficit Disorder", with the specific aim to increase sales of their product, Ritalin. The manufacturers are accused of not advising parents of its dangers, of distributing misleading sales and promotional literature to parents and schools, and violating Article 10 of the United Nations Convention on Psychotropic Substances.

In our earlier article, we outlined

many (but by no means all) of the dangers and side effects that Ritalin has on children. However, we were not aware of the worldwide distribution involved. For instance, a news item in the publication, *Mail & Guardian (SA)* of June 9, 1999, in Johannesburg, South Africa, states:

"Aaron Nicodemus finds that the child-control drug Ritalin is being dispensed like aspirin in Cape Town schools. Parents of children at schools in Cape Town's affluent suburbs say their children are forced to take the drug Ritalin - a stimulant which inhibits impulsive behavior. Some children have been threatened with expulsion if they do not take the drug while other schools mandate the taking of Ritalin as a prerequisite for admission. (!)

"There is evidence to support the idea that the 'ADD' industry is a self-perpetuating fraud. Ritalin has been foisted on parents, primarily single mothers, who have been convinced by a feminist public school system that their boys should behave like girls."

Their conclusion is "It's easier to drug than to discipline".

If your doctor won't even talk about vitamins and natural dietary supplements, find a different doctor. There are some good ones out there, but you have to look for them.

Ritalin is a very powerful drug, closest in effect to cocaine. We don't have to look far to find crimes being committed by people while under cocaine's influence, but interestingly, you will never

hear about Ritalin and crime because it will not be reported. Who is applying the pressure? The media claims that it is a privacy issue because it concerns a prescribed medicine.

Peter Breggin is psychiatrist and director of the International Center for the Study of Psychiatry and Psychology. He is also author of *Talking Back to Prozac, Toxic Psychiatry, and Talking Back to Ritalin*. For years, he has waged a war with the APA (American Psychiatric Association) about what he regards as its cavalier diagnoses of mental illnesses. He says, "Psychiatry has never been driven by science. They have no biological or genetic basis for these illnesses and the National Institute of Mental Health is totally committed to the pharmacological 'line'. There is no evidence that these 'mental illnesses', such as ADHD, exist". Pediatric neurologist Fred Baughman not only agrees that there is no such illness as ADHD, but says, "This is a contrived epidemic in which all 5 to 6 million children who are on these drugs are normal."

As we pointed out in our May/June article, Dr. Breggin has already shown that putting these hyperactive children on vitamin and mineral supplements, controlling their diet to cut out fast and sugar-laden foods, takes care of the supposed ADD problem. Obviously, the Gerson Therapy works in the same manner. *