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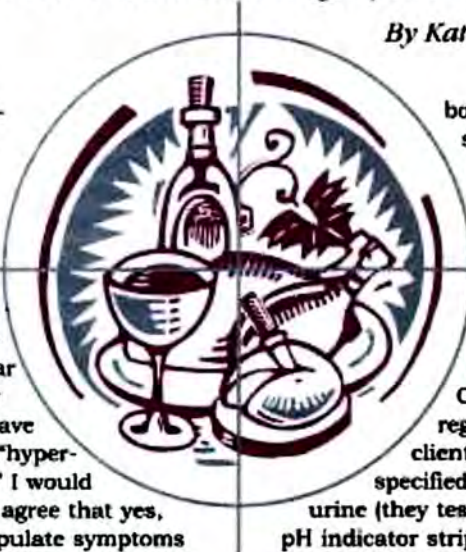
Protein and Healing

Why you can't heal on a high-protein diet.

By Kathryn Alexander

The high-protein diet is coming back into fashion. It has done the rounds of weight-loss diets, stabilizing blood sugar diets and now for the next wave of controlling "hyper-insulinaemia." I would be the first to agree that yes, you can manipulate symptoms through diet but I would qualify that manipulation is not the same as healing and furthermore, it does not address the cause of the problem.

What is it about protein that has given it such a high profile? Take the overweight person who finds it difficult to go on a diet because of hunger pangs and cravings. The theory is that calories are not the be-all and end-all to a weight loss diet and that you can eat a high protein, high fat diet (therefore highly calorific) and still lose weight! It's true – you can. If the release of insulin isn't triggered by dietary intake of carbohydrates/sugars then the cells cannot take up the excess sugar and protein, and fat synthesis is hindered. Insulin is an "anabolic" hormone that means that it is required for



body tissue synthesis – hence the diabetic who has a malfunction with their insulin metabolism will lose weight and waste away unless they medicate with insulin. Certain dietary regimes ask the client to maintain a specified acidic pH of their urine (they test the urine with pH indicator strips). On a high protein, high fat diet the body produces vast amounts of acids which are cleared in the urine (placing a great strain on the liver and kidneys). Within a narrow band of pH you will maintain your weight-losing state but with the introduction of carbohydrate (any amount) these pH levels will change – so if you want to keep the weight loss up you maintain your nil carbohydrate diet!

Let's take blood sugar control. We know that in certain individuals who eat carbohydrates they experience a sudden drop in blood sugar. These symptoms include lethargy and fatigue, poor concentration, mood swings, "foggy" brain, misperceptions, panic attacks, hot and cold sweats, and heart palpitations. We believe that the cause of this could be an inap-

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GERSON HEALING NEWSLETTER

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Andrew Pirnie, Executive Director
Norma La Madrid, Editor
Bryan Winkler Design, layout & illustration

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The Gerson Institute is a nonprofit organization dedicated to the healing and prevention of chronic and degenerate 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 17 in this newsletter for information on becoming a member of the Gerson Institute. Membership Form, page 11.

Please address all letters and comments to:

The Gerson Institute
c/o Gerson Healing Newsletter
P.O. Box 430, Bonita, CA 91908-0430
tel (619) 585-7600 fax (619) 585-7610
MAIL@GERSON.ORG

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WWW.GERSON.ORG

CHARLOTTE'S CORNER

Organic Food – News and Updates

By Charlotte Gerson



Over the years since the June 1984 issue of the *Gerson Healing Newsletter*, we have published numerous articles – 9 altogether – on organic food. Obviously, it is of major importance to the Gerson patient and to people in general.

In our *Newsletter*, Vol. 13, #2, Susan DeSimone wrote 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 *Newsletter* Vol. 13, #4 of July/August, 1998, there was such a tremendous outcry against the above 'organic standards', more than 280,000 letters, faxes, and calls demanded that the USDA retract its proposal – for the present. Please remember that we have to continue to be vigilant for the time when new and different proposals come out that may still not be acceptable.

One of the early discussions about eating to prevent cancer was in an article titled, "Diets That Protected Against Cancers in China". In the October 1990 *Saturday Evening Post*, the author, Cory Ser-Vaas, MD, wrote about the developments that started in 1985. The *Saturday Evening Post* in their July 1985 issue reported on an important study in China that "proved how diets protect against cancer and other degenerative [italics mine] diseases." The author further stated that in 1990, Jane Brody of the *New York Times* was very excited about this study and felt that it should shake up

medical and nutrition researchers everywhere. But people (especially medical researchers) didn't listen then and are still negative on nutrition for disease prevention. And they are only talking prevention when a nutritional cure (the Gerson Therapy) has been available for over 50 years!

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

From the Internet comes much information. Here is one of the items: "OTA (Organic Trade Association) estimates that the organic industry is a \$4.7 billion industry, growing at over 24% annually. The New York City-based market research firm, Packaged Fact, predicts that sale of organic foods in the U.S. will increase to \$6.6 billion by the year 2001." This is getting to be a number that evokes interest. In general, the food industry has never grown more than about 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 also review what is meant by 'organic': 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 should be grown in soil that has been free

from the use of prohibited substances for at least three years. So far, the USDA has made no mention of this need.

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 soil organically fertilized yields greater quantities as well as more nutritious food. Another argument: one of our faithful friends and readers sent us an article written by an MD (!) saying 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 against pests and disease without ever harming the soil, without killing earthworms and 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 never damaged the soil while toxic pesticides and artificial fertilizers had spoiled the soil to an extent where no amount of chemicals makes it tillable any longer. Or, to put it simply, 'natural and organic' is 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, dated April 28, 1999: "The world's two largest food production companies are withdrawing their acceptance of genetically modified foodstuffs. Unilever, UK said it would phase out genetically engineered foods, closely followed by Nestle, UK. Unilever sells over 1,000 brands of foods world-wide; 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 experi-

mental rats had been harmed by eating modified potatoes.

When the first genetically engineered (GE) foods (soy beans) were shipped to Europe, Nestle, Unilever, and Monsanto told us, says Greenpeace spokesperson, Benedikt Haerlin, there was no way to stop having GE ingredients in our food. Three years later, they have learned that there is no way to ignore the concerns and demands of the majority of consumers", said Haerlin. With Nestle and Unilever having broken ranks with Monsanto, other food producers, like Du Pont/Pioneer, Novartis and AgrEvo started a stampede out of GE foods. Also in the UK, a large supermarket named Iceland Stores, opposes introduction of genetically modified (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 1999.

In the eyes of the Gerson Therapy, in order to heal sick people and preserve health, we have to remember Dr. Gerson's words, "The soil is our external metabolism". Not only that, but since people with degenerative diseases suffer from deficiency and toxicity, it is obvious that they cannot be healed with deficient and toxic foods!

In the course of our immersion in the Gerson Therapy for over 20 years, it has become much easier for patients (and others) to obtain organic produce now in almost every community in the US. Nevertheless, organic foods are more expensive. In view of the above numbers, they are clearly worth the extra cost. Not shown in those figures are the levels of toxic residues, pesticides and fungicides, in commercial produce. Some people who find it difficult to obtain sufficient organic produce attempt to "wash" or "peel" the vegetables or fruit. That is useless since the poisons are distributed throughout the produce, completely aside from the lack of nutrients.

For your best health and healing, we need to stress once more: eat only organic.

A NEW HOME FOR THE GERSON INSTITUTE – WITH YOUR HELP



In July of this year the lease will expire on the office space currently occupied by the Gerson Institute. In many respects the timing is ideal as the Board of Directors and the staff at the Institute have been working hard to develop an infrastructure and a range of support programs that are more oriented to the community, to individuals doing the Gerson Therapy and to their caregivers. That being the case, **we are taking advantage of this opportunity to find a new facility in San Diego** that is 'user-friendly'. We will still maintain an office area for our staff who will continue to provide resources and excellent service. But, in addition to that, we hope to find a facility with a space where we can pilot a variety of Gerson Therapy-related support programs, offer care-giver retreats, and conduct community events.

Based on the images and visualizations that have been filling various flip charts around the office our new Gerson Institute might include an organic garden, a juice bar and even a wellness center. Whatever shape our new home may take, however, **we must rely upon the help of our members and our core supporters** to make it happen. Based on some early calculations and to avoid

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Protein and Healing *continued from page 1*

appropriate insulin response – too much insulin being secreted bringing the blood sugar levels down too much. So these sufferers are recommended to eat high protein/low carbohydrate diets. It works – the symptoms abate because protein doesn't stimulate such a strong insulin release as carbohydrate.

Next, the new wave of "hyperinsulinaemia" where we have moved on from hypo-glycaemia (low blood sugar) to high amounts of insulin in the blood stream. The symptoms appear to be more-or-less the same along with the discovery of excess insulin in the blood stream. What's the answer? Reduce the secretion of insulin by omitting carbohydrates and increasing your protein intake. Once again manipulation of symptoms with diet – but as soon as you go back on the carbohydrates the symptoms return. Not only this – six months down the track on such a diet you start to experience new symptoms of a more chronic nature.

A lady, aged 59 years, came to see me. She had been diagnosed with hyperinsulinaemia and been following a high protein diet for a year. Initially her symptoms of low energy, bloating, digestive difficulties and cravings did improve but after six months on the high-protein plan the symptoms returned more aggressively along with weight increase, fluid retention, a racing brain and insomnia. She still maintained the diet but took Chinese herbs to help the symptoms. This helped for a while but then it seemed as though even the herbs would not help. When we looked over her case history we could see that she was very toxic. From a very young age she had suffered food allergies and candida, and she had taken the contraceptive pill for 12 years (synthetic sex hormones inhibit the flushing of bile from the liver and therefore detoxification). And by the age of 36 years she had an abnormal

smear, followed by a hysterectomy with cysts being identified on the ovaries. Later she took HRT (hormone replacement therapy) for a period of 4 years. By the time I saw her she was extremely toxic, deficient and the liver was stagnant. She assured me that there was no way she could go on the detoxification plan as all the carbohydrates would make her worse. I did persuade her to try the high vegetable and fruit diet along with juicing and we worked out a diet where we omitted all the foods she was allergic to (gluten, tomatoes). We removed all the oils including nuts and seeds (except for flaxseed oil), and reduced protein to a minimum (100g non-fat yogurt daily, brown rice and legumes twice/week and a little fish). By the next month all the digestive difficulties had abated, she had lost 4 kg, and was not suffering cravings or hunger, was sleeping better and had no hot flushes or mood swings. However, she did feel as though her body was "locked" up with toxicity with pains and stiffness in the joints. I recommended warm baths and warm castor oil packs on the areas of stiffness and pain to allow the circulation to nourish and remove toxicity. She continues to improve, step-by-step, as the body heals itself.

Of course, good quality protein is essential for growth and tissue maintenance particularly during infancy, childhood, adolescence and pregnancy. But the question arises – how much is enough and how much is too much? The average requirement is 1g of protein/kg of body weight which for the average 50-70kg person means the equivalent of say 200g meat or fish and 4 slices of bread per day – 64g. The body does not lay down excess protein. If you eat protein in excess to your requirements then the surplus is either converted to carbohydrate

or fat by the liver and the amine portion (the nitrogenous portion that makes it a protein) is converted to urea and eliminated by the kidneys. Excess protein creates acidity and puts a strain on the kidneys which will later affect the heart.

Protein metabolism is under the control of our hormones. Insulin, growth hormone, and the sex hormones for the laying down of protein, and the corticosteroids for the breaking down of protein cortisone is the natural stress hormone, which is why one cannot heal if one is under stress as it opposes tissue synthesis and regeneration. The growth spurts from childhood through to adolescence are controlled by high levels of growth hor-

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– how much is
enough and how
much is too much?*

mone and the sudden increase in sex hormones which, during puberty, rise to eight times the adult levels. Growth hormone and the sex hormones begin to fall after puberty until they reflect the stable adult levels by the early 20s. Growth hormone becomes practically non-existent after reaching 30 years. So the health/sport professionals found that if they wanted to increase body muscle mass then it was necessary to take anabolic steroids along with a high protein intake. High protein intake on its own will not increase muscle size. Muscles store a very limited supply of protein (4-6kg) and after this capacity is reached excess dietary protein has to be broken down and discarded. Exercising increases muscle tone and size because the more you "work" your muscles the greater their capacity to store carbohydrate fuel (not protein – muscles do not use protein for energy). Beware of the high protein mes-

SINFULLY SWEET? *By Linda and Bill Bonvic*

sage if you are seeking fitness.

Let's leave the manipulation of symptoms and come back to healing which deals with the cause or the "why" you have that imbalance - not the "how" or the mechanisms involved in that imbalance. Most treatment revolves around the "how" but in order to truly resolve imbalances we must address the "why." For example "why" should a person appear to have too much insulin - we can address "how" to reduce its secretion but unless we address the why or the cause then nothing is going to change and on a high protein diet the situation will inevitably deteriorate.

In order for the body to heal, no matter what the imbalance, it has to release its toxic load and rebuild its nutrient status. When this occurs, the vitality rises and healing begins. The body's intelligence (not the brain) will determine which areas will be healed and in what order. You must imagine your body like a house that requires touch-up jobs, renovations etc. from time to time. The workman you call in to do the job will only be as good as your vitality - in fact we could call him Mr. Vitality. In a toxic, deficient body, Mr. Vitality isn't very vital and does a botched job. But maybe that's OK, as long as it's covered over until later down the track, when the toxicities and deficiencies are greater. Mr. Vitality can't do the job at all and you require on-going medication - not to do the job but to allow you to wear blinkers and ignore the area that needs attention. However, once you have started to detoxify and rebuild, Mr. Vitality returns unannounced to attend to those botched jobs, to do the job properly which often means chipping out the old stuff and reworking the area until it is as good as new (well, almost!). So here we come to the crux of the matter - what do we need to do to detoxify and rebuild?

(This is part one of a series - the remaining parts will appear in subsequent issues).

While classified as a civil action, "the United States of America vs. forty cardboard boxes" had all the trappings of a big-time drug bust. It took place on a summer day in 1991, when a bevy of armed federal marshals raided the Arlington, Texas, warehouse of businessman Oscar Rodes, served him with a warrant, and proceeded to seize his most recent shipment.

"They didn't give me any advance notice or anything," Rodes recalls. "They came in my office in the warehouse, and that's when they showed me the papers" and "took everything away." Rodes himself was not taken into custody. The arrest warrant was for the boxes he had just imported from South America, which contained some dried leaves and a white powder extracted from them.

"They just asked me to open the warehouse door, and they backed up the truck and loaded it up," he recalls. "They said they were going to burn it. I was surprised-all the marshals, ready to go and take away my teas."

All this fuss over tea? Well, not just any tea. What Rodes had imported was stevia (*Stevia rebaudiana* Bertoni), an herb as remarkable as it is unknown in

the United States. A perennial shrub of the aster family, stevia contains natural compounds-specifically, stevioside and rebaudioside A-that are estimated to be 150 to 400 times sweeter than sugar. Advocates claim that the herb also offers a host of health benefits, and is even a tonic for the skin.

But here's the clincher: Stevia sweetens without calories. While it tastes sweeter than honey, it's about as fattening as water. Used for centuries in parts of South America, stevia has been discovered in recent years by much of the calorie-conscious modern world. It is now widely-and legally-consumed by millions of people, from the plant's native Paraguay and Brazil to South Korea, Israel, and the People's Republic of China. But no country has done more to demonstrate stevia's dietary and economic potential than Japan, where the herb and its extracts have been used since the 1970s.

The Japanese, having subjected stevia extract to extensive safety testing and found it without health risk, now incorporate it in numerous food products, including candies, ice cream, pickles, and soft drinks (including some reportedly manufactured by Coca-Cola)-products that might otherwise have been

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Stevia Sprig and Blossoms

Sinfully Sweet *continued*

sweetened with refined sugar or chemical substitutes. In 1988, in fact, refined stevia extract commanded a 41 percent share of Japan's multimillion-dollar market for high-intensity sweeteners—out-selling even the ubiquitous American-made chemical compound NutraSweet.

It might have been like that in the United States as well. Indeed, by the mid '80s, a number of major food companies had recognized stevia's potential value. Among those marketing or developing products containing stevia were tea makers Thomas J. Lipton Company, Celestial Seasonings, and Traditional Medicinals, as well as a host of smaller firms. (The herb was often listed on ingredient lists simply as "natural flavoring.") Estimates place the amount of stevia entering the country at that time in the hundreds of tons. But just as the industry was poised to take off, the Food and Drug Administration (FDA) launched a particularly aggressive search-and-seizure campaign that was followed in 1991 by a virtual blockade of stevia through the issuance of an "import alert."

In the fall of 1994, the agency was forced to modify the alert after Congress passed the Dietary Supplement Health and Education Act, which allows the herb to be sold if it is formulated and labeled strictly for use as a "dietary supplement." The agency still restricts stevia's use in teas and other food products, however, and notes that any mention of the herb's sweetening ability could bring its regulatory wrath.

Just why the FDA would mount such a campaign remains a matter of much debate and speculation. Citing a few small studies and its mandate to protect the public, the agency claims that stevia is an "unsafe food additive" and a potential health threat. Stevia proponents, however, maintain that the FDA's case against stevia is without merit and note that a large body of

research and the herb's track record attest to its safety. The only health threat, they contend, is to the fiscal well-being of certain players in the \$700 million US artificial-sweetener industry. As Rob McCaleb, president and founder of the Herb Research Foundation, puts it: "Sweetness is big money. Nobody wants to see something cheap and easy to grow on the market competing with the things they worked so hard to get approved."

Indeed, a number of shadowy events involving stevia suggest just how far some companies are willing to go to keep the herb off the market. According to FDA records, for example, in the late '80s representatives of an "anonymous firm" lodged a "trade complaint" with the agency, charging that the Colorado-based tea company Celestial Seasonings was using stevia extracts in four of its products. The FDA will not identify the firm, nor say how the firm knew that Celestial Seasonings' teas contained stevia. As a result of the complaint, however, the agency began a full-scale investigation, after which Celestial Seasonings ceased using the herb—and then, according to documents obtained from the FDA, told the agency about other tea makers that were also using it.

This apparently was not the first time a trade complaint triggered FDA action on stevia. The search-and-seizure campaign that was initiated in the mid-'80s had a similar origin, according to McCaleb, who says he has seen the complaint, and that it originated from a "sophisticated" company "with a strong interest in not having sweet natural products on the market." Asked for a copy of the document, the FDA said it could not locate one. (That "doesn't mean there is not one," said Robert Martin of the FDA's Office of Premarket Approval, just that "we cannot find one in this office.")

More significant, perhaps, is that one stevia marketer says an FDA agent specifically mentioned the NutraSweet Company as the source of the complaint against his product. The NutraSweet Company,

then owned by G. D. Searle and now a Monsanto subsidiary, says it has not put any pressure on the FDA regarding stevia.

This much is clear: The history of stevia is so riddled with questions and incongruities that the appearance of favoritism remains. As Arizona congressman Jon Kyl noted in a 1993 letter to FDA Commissioner David Kessler, MD., there is a belief among those wishing to market stevia that the agency's import alert is really just "a restraint of trade to benefit the artificial-sweetener industry." All of which, it should be noted, has done little to diminish the allure of this natural noncaloric sweetener. One indication of its appeal: Consumers, having heard about the herb's properties by word of mouth, have been buying stevia-based "dietary supplements" and skin-care formulas and using them as sweeteners.

(This is part one of a three part series to be continued in our next issue). This article is reprinted with permission from the authors. It originally appeared in the January 1996 issue of the New Age Journal. For more information on Stevia please visit www.stevia.net

Become A Volunteer

Carol Beard has been a devoted volunteer at the Gerson Institute for over a year now and she has made a huge difference to the office and to the lives of those people she has spoken to on the phone. We at the Gerson Institute cannot thank her enough for her dedication!

As a non-profit organization we rely upon the gifts and good will of people like Carol. If you live locally and would like to help out at our Bonita office, or if you would like to help arrange a seminar in your community, please let us know.

In the meantime, you can hear Carol Beard speak at the California Women's Expo in Pasadena on Saturday, March 24th.

My Story of Hope and Recovery With the Gerson Therapy

By Carol Beard



The first time I heard Charlotte Gerson speak was in 1975. I was just beginning to learn about the role nutrition has in our health and was searching for an alternative answer to treat my daughter's asthma. She had suffered with asthma attacks for 9 years. Her first attack occurred when she was only 6 months old and I was tired of all the shots and medications that had to be administered to her.

I found the subject of nutrition very interesting and bought Dr. Max Gerson's book "A Cancer Therapy". I read it and it subsequently changed the way we ate at home; my daughter never had another asthma attack. She is now 35 years old.

I had no idea at the time how important Charlotte's talk regarding her father's discovery would be to my family. Almost 20 years after that lecture, my mother was diagnosed with pancreatic cancer.

My mother complained about the strict Gerson eating plan and unfortunately did not follow it 100%. She drank the juices and ate the vegetarian foods for approximately 2 years. Her doctor admitted to her that he believed that it was her diet, and especially the carrot juice that was keeping her alive. She did not agree to take the coffee enemas nor would she get help from the hospital in Mexico. My mother lived only 6 months after she stopped eating the organic vegetarian foods. But her life was extended two and one half years with the food alone. Her doctors had given her 3 months to live!

I continued to read and study about alternative approaches to health and tried to get my friends to listen to me about what I had learned.

In the summer of 1998, I once again invited some friends to hear the Gerson lecture. It was at that meeting that an announcement was made for volunteer help at the Gerson Institute. I was very excited about working with the people who knew the most about the subject I loved.

I started volunteer work at the Institute in January of 1999. I suggested a lending library of tapes and books for the volunteers and also answered phone inquiries; after six months, I was making follow up calls to patients. I remember one call to a gentleman in his 80's who was on the therapy for lung cancer. He did all of his own juicing and had some help with the preparation of foods. He was a very determined patient and had been on the therapy an entire year. He was still doing very well with his recovery.

I recall how I felt one day as I sat down at my desk with the computer and all the notebooks and information in front of me. It felt like I was sitting down to a big feast and ready to eat knowledge and wisdom. I felt that having so much information at my fingertips was better than food.

I have had the opportunity to meet and talk with Charlotte Gerson, for whom I have great respect. I have also attended and helped at Gerson practitioner training seminars and lectures. I now own a Gerson certified juicer and have been on the modified, less intensive Gerson Therapy for one full year. I have experienced exciting changes in my own health. My eyes have improved so much that I think I will soon be able to

pass the DMV eye test to drive without glasses!

I think the most memorable and exciting opportunity for me recently was to assist one of our Gerson patients at the Oasis Hospital in Mexico. Dizzy Downes spent 10 weeks in Mexico getting started on the therapy. I was privileged to be her companion for almost one month. We were both on the full therapy together. We learned a lot about treatment, each other, and we became very close friends. She is still on the program at home in London now, but we continue to keep in touch.

My husband and I have recently moved and live about an hour away from the Gerson Institute but the distance I drive is a minor inconvenience compared to the benefit of working with the people at the Gerson Institute and seeing this important information being shared with others.

Very soon, I will be joining the Institute's newly formed Speaker's Bureau and will be giving informal talks and testimonial lectures at various alternative health conferences and Gerson workshops. Sharing my personal story is an activity that I hope will instill a sense of the promise of better health that the Gerson Therapy holds for many people.

The Effects of Microwave Appliances On Food and Humans

By William Koop

Microwave cooking ovens were originally researched and developed by German scientists to support mobile operations during the invasion of the Soviet Union. Had they perfected electronic equipment on a mass scale, the Nazi's could have eliminated the logistical problems connected with cooking fuels while producing edible products in far less time than they could using traditional cooking tools.

After the war, the Allies discovered the medical research and documentation concerning those apparatuses. The papers and experimental microwave equipment were transferred to the U.S. War Department and classified for reference and scientific investigation. The Soviet Union also retrieved some of the devices and began an experiment on them separately.

The Russians - who have done the most diligent research into the biological effects of microwave ovens - **HAVE OUTLAWED THEIR USE**, and issued an international warning about the biological and environmental damage that can result from the use of this and of similar frequencies electronic apparatus.

MEDICAL RESEARCH SUMMARY

The most significant German research concerned the biological effects of microwaves were done at the Humboldt Universitat zu Berlin in 1942-43, during the Barbarossa military campaign. Beginning in 1957, and continuing up to the present, Russian studies in the field have been conducted at the Institute of Radio Technology.

In most research, foods were exposed to microwave propagation at an energy potential of 100 kilowatts per cubic centimeter per sec-



ond to the point considered acceptable for sanitary normal ingestion.

The observation made by the German and Russian microwave researchers will be presented here in three categories: cancer causing effects, destruction of nutritive value, and biological effects of direct exposure of humans to microwave emissions.

EFFECTS ON MICROWAVE FOODS

The following effects have been observed when foods are subjected to microwave emissions.

Meats:

Heating prepared meats sufficiently to insure sanitary ingestion created-nitrosodiethanolamine, a well-known cancer-causing agent.

Proteins:

Active-protein, biomolecular compounds are destabilized.

Increase in Radioactivity:

A "binding effect" between the microwaved food and any atmospheric radioactivity is created, causing a marked increase in the amount of alpha and beta particle saturation in the food.

Milk and Cereals:

Cancer-causing agents are created in the protein-hydrolysate compounds in milk and cereal grains.

Frozen Foods:

Microwaves used to thaw frozen foods alter the catabolism (breakdown) of the glucoside and galactoside elements,

both are glycosides (sugar derivatives) and found widely in plants.

Vegetables:

Even extremely brief exposure of raw, cooked, or frozen to microwaves alter alkaloid catabolism, which can have a strong toxic effect on the human system.

RESULTING EFFECTS ON THE HUMAN BODY

Digestive System:

The unstable catabolism of microwaved foods alters their elemental food substances, causing disorders in the digestive system.

Lymphatic Systems:

Due to chemical alterations within food substances, malfunctions occur in the lymphatic system, causing a degeneration of the body's ability to protect itself against certain forms of neoplastics (cancerous growths).

Blood:

A higher-than-normal percentage of cancerous cells in blood serum (cytomas) can be seen in subjects ingesting microwaved foods.

Brain:

Their residual magnetism effect can render the psychoneural-receptor components of the brain more subject to influence by artificially induced, microwave radio frequency fields from transmission stations and TV relay networks.

Free Radicals:

Certain trace mineral molecular formations in plant substances (in particular, raw-root vegetables) form cancer-causing free radicals.

Increased Incidence of Stomach and Intestinal Cancers:

A statistically higher percentage of cancerous growths result in these organs, plus a generalized breakdown of the peripheral cellular tissues and a gradual degeneration of digestive and excretory functions.

MICROWAVES REDUCE FOOD VALUE

Microwave exposure caused significant decreases in the nutritive value of all foods studied. The following are the most important findings to date:

Vitamins and Minerals Made Useless:

In every food tested, the bioavailability of the following vitamins decreased: Vitamin B complex, vitamins C and E, essential minerals and lipotropics.

Vital Energy Fields Devastated:

The vital energy field content of all foods tested dropped 60 to 90 percent.

Digestibility of Fruits and Vegetables Reduced:

Microwaving lowers the metabolic behavior and integration process capability of alkaloids, glucosides, lactosides, and nitrolosides.

Meat Proteins Worthless:

It destroys the nutritive value of nucleoproteins in meats.

All Foods Damaged:

It greatly accelerates the structural disintegration of all foods tested.

BIOLOGICAL EFFECTS OF MICROWAVES

Exposure to microwave emissions also has a negative effect upon the general biological welfare of humans. This was not discovered until the Russians experimented with highly sophisticated equipment and discovered that humans can be adversely affected without even ingesting the foods that have been subjected to microwave radiation.

Merely entering the energy field of the food causes such harmful side effects that the Soviets outlawed all such microwave apparatus in 1976.

Here are the effects observed in humans having "direct" exposure to microwaves, that is, without their having consumed the irradiated food substances:

Life-Energy Field Breakdown:

Persons near microwave ovens in operation experience a breakdown in their life-energy fields that increases relative to the length of exposure.

Cellular Energy Decreases:

The cellular voltage parallels of individuals using the apparatus degenerate especially in their blood and lymphatic serums.

Destabilized Metabolism:

The external energy activated potentials of food utilization are both destabilized and degenerated.

Cell Damage:

Internal cellular-membrane potentials during catabolic processes into the blood serum from the digestive process degenerate and destabilize.

Brain Circuitry:

Electrical impulses in the junction potentials of the cerebrum degenerate and break down.

Nervous System:

Nerve/electrical circuits degenerate and break down while energy field symmetry is lost in the neuro-plexuses (nerve centers) in both the front and rear of the central and autonomic nervous systems.

Loss of Bioelectric Strength:

The bio-electric strengths within the ascending reticular (netlike) activating system (the system which controls the function of waking consciousness) go out of balance and lose their proper circuiting.

Loss of Vital Energies:

Humans, animals, and plants located within a 500-meter radius of the equipment in operation suffer a long term, cumulative loss of vital energies.

Nervous and Lymphatic System Damage:

Long-lasting residual and magnetic "deposits" become located throughout the nervous and lymphatic systems.

Hormone Imbalances:

The production of hormones and maintenance of hormonal balance in both males and females becomes destabilized and interrupted.

Brainwave disruption:

Levels of disturbance in alpha-, delta-, and theta wave signal patterns are markedly higher than normal.

Psychological Disorders:

Because of the disarranged brain waves, negative psychological effects will also result. These include loss of memory, and the ability to concentrate,

suppressed emotional threshold, deceleration of intellectual processes and interrupted sleep episodes in a statistically higher percentage of individuals subjected to continual range-emission field effects of microwave apparatus, from either cooking or transmission stations.

POTENTIAL USE IN MIND CONTROL

Due to the creation of random, residual magnetic deposits and binding within the biological systems of the body (nervous and lymphatic systems damage), which can ultimately affect the neurological systems (primarily the brain and nerve centers), and longer-term depolarization of tissue neuroelectronics can result.

Because these effects can cause virtually irreversible damage to the neuroelectrical integrity of the various components of the nervous system, ingestion of microwaved foods is clearly contraindicated in all respects.

Their residual magnetism effect can render the psychoneural-receptor components of the brain more subject to influence by artificially induced microwave radio frequency fields from transmission stations and TV relay networks.

Soviet neuropsychologists at Uralyera and Novosibirsk have theorized the possibility of psychotelemetric influence (i.e. affecting human behavior by transmitting radio signals at controlled frequencies), causing subjects to comply involuntarily and subliminally - with commands received through microwave transmissions acting upon their psychological energy fields. For this reason, and due to the 28 other contraindications listed above, the use of microwave apparatus in any form is definitely ill-advised. Present scientific opinion in many countries clearly opposes them, as exemplified by the mentioned Soviet ban.

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