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The Gerson Institute Has a New Home *By Andrew Printer*

In the March/April issue of the *Gerson Healing Newsletter* we launched a fundraising campaign to raise \$30,000 to help cover some of the relocation expenses involved in our planned move to a new Gerson Institute. As we pointed out, the lease on our Bonita office was due to expire at the end of July so we were using this opportunity to move to a more holistic and central location that will allow us to offer Gerson Therapy workshops and develop other vital Gerson programs.

In the months that have passed we have received over \$12,000 from approximately 77 of our members and supporters for which we are extremely grateful. While this amount falls short of our original goal these contributions have made a significant difference to our moving process. Your generosity has helped pay for the moving company, telephone improvements, the reprinting of office stationary and other incidental expenses. On top of that our local utility provider donated a number desks, chairs and filing cabinets while other businesses (including our new landlord) provided furnishings such as rugs, credenzas and kitchenware.

Ordinarily, we would end our campaign here but as you can see from the assorted photographs (on page 7) we have a wonderful house

to transform into a vital center of learning and healing. Therefore, we are continuing our fundraising appeal until the end of September so that we can raise an additional \$10,000 that will be specifically spent on the teaching aids (overhead projector and screen, Norwalk supplies, etc) and furnishings necessary to get our new programs going.



The Gerson Institute's new home in the historic 1898 Mayrhofer Residence in downtown San Diego.

But first, let me describe our new home. The Mayrhofer Residence is a historic building dating back to 1898 located near downtown San Diego but not too far from beautiful Balboa Park. For San Diegans wishing to drop by to attend a seminar, browse through our books or speak to a client services representative we are extremely easy to reach. Public transportation can bring you right to our door and we are literally a few feet away from an off ramp from the Interstate 5 freeway. For our national and international

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GERSON HEALING NEWSLETTER

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MISSION STATEMENT

The Gerson Institute is a nonprofit 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 bimonthly schedule 10 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, page 11.

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CHARLOTTE'S CORNER

Early Results with a Down Syndrome Baby *By Charlotte Gerson*



We rarely write about results with different treatments, yet the present case is so important and gratifying that I feel compelled to share it. Not only that, but Down syndrome presents a problem with metabolic disturbances similar to the cancer problem. Also, the cancer patient can take encouragement from this work if he/she has been told that their problem has a genetic basis. As we will see below, the Down syndrome patient has not only a genetic weakness but also a different set of chromosomes. Yet it is successfully treatable. All Down syndrome information can be found on the Internet.

While I was in Europe last spring, I heard of the birth of a baby girl born with Down syndrome. On further examination, it turned out that she had a very severe level of that disease, namely 94% of the extra chromosome No. 21. The baby's symptoms included two holes in her heart (heart defect). Here is a description of the major signs and problems in Down syndrome children:

The underlying problem is apparently an inadequate separation of chromosomes in the ovum producing an extra chromosome No. 21 that results in a changed human being. The child has the very recognizable "mongoloid" appearance, a smaller than normal head, upward slanting eyes and often a protruding tongue. The hands are short and broad with the typical single crease. The average mental age these children reach is that of a normal 8 year old. Heart defects are frequently present as well as gastrointestinal abnormalities and a weak immune system. Such a child, without treatment, can never develop into an independent human being.

Many years ago, I obtained litera-

ture distributed by the late Dr. Henry Turkel who had researched Down syndrome some 50 years ago. He worked with Down syndrome children and even with some patients who had already grown past puberty and had the typical 'mongoloid' appearance. He treated these young people with large quantities of Vitamin C, along with other supplements and anti-oxidants. With this controversial approach, he was able to change their facial characteristics as well as their developmental problems. Finding the work of this great scientist on the Internet, we immediately started the mother on some of those supplements.

Fortunately, she was nursing this baby. I say "fortunately" because it is not possible to use supplements and pharmaceuticals on newborns; however the nursing baby can easily obtain them through the mother's milk. As we now read in information available from Turkel's work and others such as Dr. Jack Warner, who continued Turkel's research, it is best to start treatment as early as possible. Dr. Warner also states that mother's milk is of great importance to these babies, since it contains a good deal more of the essential missing nutrients than those contained in formula.

To my great joy, I was advised just this week (about 4 months after her birth) that this baby was doing remarkably well. Her heart damage was healing, one hole was closing and no murmurs could be detected, while the second one was healing; her facial features seemed to be less pronounced; she had improved muscle tone; she was doing some exercise and almost able to sit up unaided. While at

CHARLOTTE'S CORNER *continued*

first the mother was given the various supplements Turkel used, such as Vitamin C, A & E, minerals and fatty acids, the baby is now receiving goat's milk in addition to her mother's milk and the supplements directly via the goat's milk. She appears to be developing into as close to normal child as could be hoped for.

Since the pioneering work of Dr. Turkel, others have taken up the nutritional treatment of children afflicted with Down syndrome. Dr. Turkel's publications show a number of people with Down syndrome, even beyond childhood, who could be influenced and improved to become virtually and even completely normal. Children were able to compete in regular (not special) classes with their peers. Dr. Turkel and others who followed his work, especially Dr. Jack Warner (MD) and his wife Charlene, used quite large quantities of Vitamin C along with other vitamins (A and E) and mineral supplements with trace elements, Co-enzyme Q-10, zinc, selenium and glutathione. All these, as has also been demonstrated in

experiments reported by Dr. J. Olin Campbell, are most effective when natural rather than pharmaceutical. It is likely, although we have not had any experience in this area, that the Gerson Therapy is also basic and greatly helpful in these cases since it supplies vast amounts of natural nutrients.

The extra 21st chromosome is the basis of the problem. Doctors call the syndrome "trisomy 21," meaning that instead of the normal two No. 21 chromosomes, these patients have three, therefore a "trisomy". Also, since genes are basic in the formation of all enzymes and proteins, this extra chromosome - present in every cell of the body - causes the metabolic imbalances and disturbances. These lead to the trisomy problems that are not only metabolic but create the typical physical characteristics, described in the patients' 'mongoloid' appearance, along with other problems including a weak immune system.

These patients also need other important supplemental ingredients, including the Omega 3's

(contained in fish oils and flax seed oil) from fatty acids, pancreatic enzymes as well as potassium and even some iodine and/or thyroid, as the need becomes evident.

Since the total Down syndrome with its deep metabolic disturbances is related directly to the 21st chromosome that is found in every cell of the body, and since that is not a reversible situation, the supplementation and metabolic support *has to continue for the entire life of the patient.* In other words, while the weaknesses and disturbances can be dealt with, this support has to continue.

One other fact that has to be stated: in the Internet information on Down syndrome and particularly on Dr. Henry Turkel, the 'orthodox' establishment discounted and even deprecated the work and results he presented as "useless" and "unproven." Not only that, but when a combination pill was produced containing the essential missing factors, [TNI - for Targeted Nutritional Intervention] the FDA banned it from interstate commerce. ■



By Walter J. Urban, Ph.D.

When I worked as a consultant to an MCO, I frequently ate lunch with another consultant who was a seventy-year old medical doctor.

He often commented about what I brought for lunch, which consisted mainly of raw vegetables and brown rice.

THE PREVENTION LIFESTYLE

I watched him eat his roast beef or other type of meat sandwich, drink his soda, and have some type of cake for dessert. Dr. F asked me, "How can you eat that?" referring to my raw corn and vegetables. He also commented on the fact that I never drank anything with my lunch. I jokingly replied, "It's a lot easier than a triple bypass."

Three months later, he collapsed in the street on the way to the opera with his wife. The next morning, he had a triple bypass. A month later, when he returned to work, he told me, "I'm ready to talk to you now about what you eat."

Do you need something like this to happen to you or a family member

before you face the consequences of an improper lifestyle? Remember who is responsible; psychotherapists teach patients to take responsibility. Ask yourself if you are doing what you need to do for your health lifestyle.

There are many specific things you can do to start changing your lifestyle. Pick one thing that you would like to change and take action today. What about reducing or eliminating the meat in your diet? Reducing the processed foods in your diet? Getting eight hours of sleep every night? Drinking at least eight glasses of purified water? These are just a few of the things that can benefit you in the long run. ■

Teamwork, Cooperation and Mutual Respect in Medicine

By Walter J. Urban, PHD

The primary goal of medicine is to help people, not help doctors make money. From ancient times medicine was concerned with the concept of balance, both internally with all aspects of the person and externally with the world.

Ayurvedic Medicine is believed to have developed its roots about five thousand years ago when Srila Vyasadeva wrote the Vedas. Ayurveda is a Sanskrit word derived from two roots: *ayur* which means life and *veda* which means knowledge or science. Traditional Chinese Medicine, believed to be over two thousand years old, is rooted in the philosophies of Buddhism, Taoism and Confucianism. The Yellow Emperor's Classic, known as *Nei Jing*, is the oldest Chinese medical text. Both Ayurveda and Chinese Medicine are concerned with balance and imbalance whereas Western Medicine, a much younger science, tends to approach disease by assuming it is primarily due to external forces such as a virus or bacteria or a slow degeneration of the body. Western medicine generally tends to separate the mind from the body, however, accepts that they may affect each other.

The treatment of symptoms has become an approach used by the combination of Western medicine and pharmaceutical companies, both of which embrace the idea that a force such as a pill can cure disease, even though it may have harmful side effects.

The Eastern approach to healing advocates prevention and restoration of balance, and tends to seek the cause of the disease. Chinese doctors were not paid when one became sick because they failed in preventing disease.

Over the years medicine became big business, transforming pharmaceutical companies into a multi-billion dollar industry. During the Nineteenth and Twentieth

centuries as medicine and pharmaceutical companies became involved together as partners and allies, financial considerations became a larger part of medicine. Medicine also became connected to politics and politics was connected to various interest groups that had financial interests as their bottom line.

As money became increasingly important, competition, animosities and various battles developed. Political lobbying groups were paid to win the goals of their clients. This boiling pot of medicine and money led to arrests and demolition of the offices of certain doctors. The purpose of medicine is to help mankind, however, it has developed many aberrations that have led us to the state of where things are today.

However, the purpose of this article is not to give detailed histories of Ayurveda, Chinese or Western medicine, nor is it to give details and evidence of pharmaceutical, political, industrial and financial interests. Further developments lead to corporate interests in the form of managed care that is in itself a multi-billion dollar business. The stock market also became related to the practice of medicine. The original goal of medicine, to help people, appears secondary to competing financial interests.

The purpose here is to examine how to refocus the purpose of medicine, whatever kind it may be, rather than allow medicine to be lost among battles of money and egos. Why not take the best approaches from different types of medicine, integrate them and use it to serve people?

Teamwork, cooperation and mutual respect can help advance medicine. The concept of holistic team diagnosis offers the best of all types of medicine. An open mind transcending the barriers of a specific training would utilize all avail-

able knowledge to enhance examining, evaluating, diagnosing, preventing and treating. Would it not be better to eliminate the cause of the disease rather than the symptom so that suffering does not reoccur? Would it not be better to look at cancer not only as a disease, but perhaps as a symptom of an unbalanced metabolic and liver functioning? Why can't doctors talk to each other? Is it that they have no time or no desire? They all have bills to pay and many are controlled by the minute by managed care.

Welcoming knowledge and professional dialogue is healthier than condemnation, especially without even understanding what they are condemning!

Each individual holds responsibility for their own health, thus patient education is an important aspect of good health and well being. The doctor is the patient's helper in this way and not totally responsible for the patient's health except in special cases. Couldn't the doctor help the patient by pointing him in the direction of using his own inner resources to help himself learn what are the best choices to make. Doctors do not own patients, however, currently managed care owns many doctors.

If doctors develop more heart and less power struggles over territorial rights, more advances could be made in the interests of medicine and helping people. Even doctors get cancer, strokes and heart attacks. One would think they would want to help themselves, if only they could stop competing. If doctors would practice self-examination of their personal and professional beliefs and motives, medicine would benefit. Medicine needs to return to its original goal and shed its business and political counterparts.

Doctors coming from the heart can offer more help than those

coming only from the ambitious mind. What has happened to empathy and compassion in the practice of medicine and in the personality of the doctors? Have the doctors lost some of their original motives for entering the healing profession due to the development of medicine as a business run by insurance companies, HMOs and managed care organizations? When medical decisions are taken away from doctors and put into the hands of business people whose primary goal is profit, what effect does this have on the morals of doctors and on the health of the patients? When doctors are on a strict time schedule for a consultation or are limited in the number of consultations by a predetermined program with a profit motive, what happens to the use of clinical knowledge, their morals and the patient's health problem? For example, when an MRI would be helpful yet the patient's insurance will not cover it both the doctor's morals and the patient's best interest are compromised. What started out as a healing profession in early times has turned into a cutthroat business that affects the empathy and compassion of those who practice it.

The integration of all medicine will best serve mankind. Now that Eastern medicine has gained recognition, popularity and a substantial part of the market share, it is time to make a major effort in the integration of Eastern and Western medicine. Several such centers have already begun with an umbrella concept where various practitioners work together under the same roof. However, the concept of integration needs to be thoroughly developed on all levels by educating all health care professionals. This means that an ongoing process needs to be started. The participants need to be sincere, respectful, understanding and desiring to learn from each other, rather than having a vested interest in defending their particular disciplines. The atmosphere needs to be warm, positive, accepting and

supportive, rather than challenging. Perhaps these integrative discussion meetings could benefit from a skilled group psychotherapist who would help keep the focus. These meetings could be academic and theoretical and could have a clinical team conference basis that would include Eastern and Western health care professionals. Taking the time to do this may not be easy; however, the rewards of integration would be of great benefit to all, especially the patients. After all, helping the sick was the original purpose. That is why the effort and personal sacrifice made would be of great benefit to mankind. In essence, we would be helping ourselves live longer and lead healthier lives because even doctors get sick.

A good example of integrating knowledge that shows teamwork, cooperation and mutual respect in medicine is our own Gerson

Therapy provided at the fully licensed Gerson Clinic at the Oasis of Hope Hospital in Tijuana, Mexico. There the focus is on the cause of the disease rather than on treating the symptoms with radiation, chemotherapy and pharmaceutical drugs alone. The Gerson Therapy focuses mainly on proper nutrition and detoxification of the body so that underlying dysfunctions are returned to a harmonious balance.

What a wonderful example of how working together can help mankind! ■

References:

- 1) Gerson, M., *A Cancer Therapy*, The Gerson Institute, Bonita, Ca., 1958.
- 2) Urban, W., *Integrative Therapy: Foundations of Holistic and Self Healing*, The Guild of Tutors Press, Los Angeles, Ca., 1978

Finally, the long-awaited follow up to *A Cancer Therapy* . . .

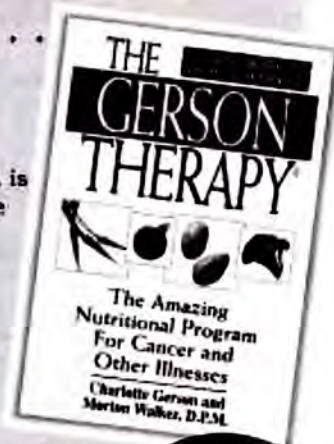
Some of our members have been waiting several years for the follow up to *A Cancer Therapy*. Finally, this book, written by Charlotte Gerson and Morton Walker, D.P.M. is finished and scheduled for publication at the end of the year.

Simply titled *The Gerson Therapy*, this 400-page original edition will fully describe Dr. Max Gerson's powerful healing program.

With our Members in mind the Gerson Institute has arranged to receive a limited advance shipment of *The Gerson Therapy*, which we should receive in September, several weeks before the book becomes available in retail stores. If you would like an advance copy of *The Gerson Therapy* reserved for you please call today and we will make sure you get a copy as soon as they become available.

Filled with fascinating case studies and special recipes to speed the healing process, *The Gerson Therapy* is designed for anyone who has an "incurable" disease — or just wants to stay young and healthy.

Call 619-685-5353 today to order your copy!



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Did You Know? *By Charlotte Gerson*

We recently had a patient who, some time ago, was a chicken farmer. According to an article entitled *What about Chicken?*, the average North American consumes "more than 50 pounds of chicken per year," which is about twice as much as the amount eaten 20 years ago.¹ As more and more people turn away from red meat and pork, the following information needs to be publicized as much as possible.

You may already know some of this story. In years past, major newspapers like the *Wall Street Journal* and *New York Times* have published articles concerning the horrors of large chicken processors. Nevertheless, I believe there are some additional details in the report this woman discloses that our members and friends need to know — and pass along. The former chicken farmer's wife writes (the italics are mine):

"The chicken 'growers' (the farmers) start by entering into an agreement to grow birds with the 'Integrator,' the large chicken processor and distributor. In exchange for his labor and the use of his chicken houses, the farmer receives pay based on the poundage of meat at the end of the 'grow out.' The time slot involved is somewhere between 6 and 7 weeks.

"The day-old chicks are usually brought to the farm in one school bus type of vehicle, in crates of 100 each. These chicks are placed into the farm houses. The number of chicks per house varies, but is based on the square footage available in each. A typical house holds from 10 to 20,000 chickens.

"During the next 6 to 7 weeks, the chicks are fed food supplied by the Integrator. The farmer is told that it contains all sorts of chemicals that could include the following: antibiotics, arsenic, sodium iodacetate and adrenaline. *Naturally, this chemical mix is supposed to grow at a tremendous rate, so that the necessary feed is as minimal as possible.* The tiny chicks

grow quickly.

"During the last week on the farm before the chickens are picked up for processing, the farmer is given a "clean" mixture of food. *This is no doubt designed so that, if or when the flesh is tested, the damaging hormones and drugs have been eliminated from the bodies of the now grown chicken.*

"When the chickens are picked up at the end of 6 to 7 weeks, they weigh 5 to 7 pounds! Now a huge tractor trailer is needed to bring them in to be processed for consumption by the public. Occasionally, if the weather is hot or otherwise inclement, a number of chickens have heart attacks on the trip since they are unhealthy. Some of those birds have tumors or other malformations.

"The farmer tries to weed out these malformed chicken, but doesn't always find them. Still, these are 'processed' along with the others. The tumor bearing chickens usually are discarded at the processing plants, we are told. But who knows how many of them slip through with the thousands of pounds of meat being processed each day?

"In order to keep ourselves healthy, we have decided never to eat commercially grown chicken again."

This is the end of the grower's experience, yet the processing is easily as disturbing as the grow out period. According to reports by the Government Accountability Project (GAP), an independent whistle blowing organization that includes many federal meat inspectors, upwards of 25 percent of slaughtered chickens on the inspection line are covered with feces, bile and feed.² Machines used for eviscerating the carcasses often tear intestines and spill their contents into the abdominal cavity. The carcasses are then washed in huge vats that have been used on thousands of carcasses before. The water in these vats is unclean, loaded with germs, spillage from the intestines, including feces, which then infect the rest of the meat. The chicken carcasses are often

soaked in chlorine baths to remove slime and odor.³

Inspectors are unable to test all this meat and are often paid by the processor to look the other way. In the early nineties USDA chief Mike Espy resigned after evidence proved he was accepting illicit favors from the poultry industry, an act that *Time* magazine described as, "symptomatic of the cozy bond that has long existed between the USDA and those it is charged with overseeing."⁴ Recent federal meat inspection regulations passed by the Clinton administration weakens the authority of federal meat inspectors and allows for greater control of inspection by the processing industry. Wenonah Hauter, director of Public Citizen's Critical Mass Energy and Environment programs claims that meat-processing lines are moving faster than ever, with "over 200 birds per minute being killed. At the same time, inspectors' authority to remove feces and other contamination has been curtailed. It's *The Jungle* all over again."⁵

This report is not intended to promote the consumption of red meat or pork. In order to know more about how animals are treated prior to slaughter and the terrible stress under which they are raised, we suggest that our members read the book by John Robbins, *Diet for a New America* (©1987 by John Robbins; Stillpoint Publishing, Box 640, Walpole, NH 03608.) Also take a look at www.earthsave.org as well as www.whistleblower.org for more information on factory farming, processing, and federal regulations.

Aside from improving your health, you'll feel better about the world and ALL its inhabitants if you become a vegetarian. ■

¹ Steve Lustgarten with Debra Holton, "What about Chicken," EarthSave website, <http://www.earthsave.org/news/chicken.htm>
² Government Accountability Project, "Off the Job: Camouflaging Deregulation of Federally-approved Food Processing," May 23rd, 1996, p5-6.
³ Government Accountability Project, "Fighting Filth on the Kill Floor: A Matter of Life and Death for America's Families," Nov 9, 1995, pg 4.
⁴ Richard Behar and Michael Kramer, "Something Smells Fowl," *Time*, October 17, 1994, pg 42.
⁵ Government Accountability Project, "New Federal Meat Inspection System Fails to Earn Inspectors' Seal of Approval: The Jungle 2000 Released Today," Sept 5th, 2000.

Gerson's New Home

continued from page 1



Generous contributions of over \$12,000 made a significant difference in our moving costs.



... but our work isn't over. We are continuing our fundraising appeal so that we can raise \$10,000 to be specifically spent on teaching aids to get our new programs at the Institute off the ground. Above, scenes from moving day and our new home. Thank You!

visitors we are accessible to both the central railway station and the international airport. On top of that we are nestled between a Holiday Inn and a Motel 6 so there will always be somewhere convenient to stay, whether you are en route to Oasis of Hope Hospital or participating in one of our training programs.

Thanks to our extraordinarily organized staff we moved from our old office to our new space during the course of a three-day weekend without a hitch. Many of us came in on Sunday to organize our desks and we were ready to greet our first visitor on Monday morning. A week later, on the last day of July (the very day our old lease was to expire), we held a Gerson-friendly pot-luck in the lobby/seminar space of the new Gerson Institute. Charlotte Gerson, the entire staff and the Board of Directors gathered together to celebrate our new home where many exciting developments will take place.

Now that the hard work is over,

the hard work begins. Our Education and Program Committee is busy preparing a schedule of classes that will begin with a kick-off workshop on Saturday, November 3rd. A regular schedule of additional workshops designed for Gerson care-givers, focusing on disease prevention and designed for those embarking on the Gerson Therapy will follow.

These workshops are just the beginning of our onsite activities. A Grand Opening will happen sometime in January and a new and improved Practitioner Training Program is being developed for later in 2002. Our new office, complete with a fully equipped kitchen, sundeck with garden and a bathroom large enough to accommodate an enema bench for demonstration purposes is ideal for all of our goals. And once this phase of our transition is complete we have an option to expand into a small guest-house behind this main property where we may one day be providing onsite Gerson care.

As we wrap up our Relocation Appeal I would like to thank all of you who have already given and encourage the rest of our Members to help us with our final push. Please consider contributing to our appeal for \$10,000 and don't forget to indicate that your tax-deductible donation is for the Relocation Fund. If you live within reach of our new office stop by and say hello. This may be our office but it is a space for you too. If you have any unwanted kitchenware, table lamps or even a sofa you are welcome to bring those with you. 'In-kind' gifts are always most welcome!

Finally, I would like to thank all of our staff and the Board of Directors of the Gerson Institute for pitching in and making this major move happen. It couldn't have happened without them. Look out for more news about events and activities at the new Gerson Institute in future issues of the *Gerson Healing Newsletter*. ■

Heart To Heart

NEWS AND UPDATES FROM CLIENT SERVICES



Client Services' personnel are now more closely involved with following our patients once they have left the Oasis of Hope Hospital. Our new policy gives even greater support during a time when it is really needed: that first week home on your own. Client Services will call within 48-72 hours after discharge to check in on the patient and caregivers, answer questions, give support and encourage communication with the Institute. The patient/family may wish to have another call later that week as well. Already we have seen an increase in communication and decrease in stress levels.

Speaking of stress levels, we have continued to notice that some of the most trying times appear to be focused around those *all important, albeit frightening healing reactions and flare-ups*. We know these can be as varied as the diagnoses patients come to us with. Naturally they are based on each individual's life experience, exposure, injuries, infections, etc. We have often wondered if it would be helpful for former patients and family members to share their respective experiences and how they coped with them. Sometimes the more unusual the better, since this can reassure the newcomer to the possibility and variety of healing reactions that have occurred to others. Yet even with the more typical reactions there is a story to tell. What about the episode of pain that suddenly manifests? Did you go to the hospital only to find out that "nothing appears to be wrong?" In hindsight, what would you have done differently? **Please send your experiences and stories to us. We will create a new and beneficial piece of information to share with new patients and future Gerson physicians.**

Patients feel much better and react less knowing what to expect. Your stories can remain anonymous of course (or not if you prefer). But those of you who have experienced and observed healing reactions can contribute the best information. Please send anything you would like to share to me, Sharon Murnane, c/o the Gerson Institute. I will compile them, share them and teach others how to better cope. **Thank you so much for your help with this project.**



Gerson Therapy patient Carl King tells his story of recovery at our workshop in Atlanta

My lecture travels took me to the lovely city of Atlanta, GA., in June. *Return to Eden Vegetarian Supermarket* generously provided the venue for me to give a talk about the Gerson Therapy. Unfortunately, our wonderful and lifelong Support Group Networker, Harriet Scott, was unable to be with us this day. Next time, Harriet! But we were especially blessed with a recovered Gerson Therapy patient, Carl King. I was surprised, delighted and very grateful to meet Carl. He kindly assisted me and told his very compelling story about his recovery to the keen attention and interest of everyone there. Carl is a great networker and speaker! Thank you Carl, from our hearts to yours. I found Atlanta to be a very special

city full of progress in the alternative health world. Thanks to all who attended. We are preparing for our first "on site" workshop in November and can hardly contain our excitement. Denise Young and I will be facilitating this four-hour workshop with great enthusiasm as we *promote the Gerson Therapy for prevention as well as treatment of disease*. We will move forward with education, hope and healing. Dr. Max Gerson would have been proud to see this day coming to fruition. Thank you for your help and support all along the way. ■

Sharon Murnane, RN, HNC, CHTP, Director of Gerson Therapy Programs

Non Toxic Drain Cleaner: 1 cup baking soda 1 cup vinegar

Pour both cups down drain and let sit for a half hour. Then pour about a gallon of boiling water down the drain.

United Way Giving Season Begins in the Fall

Be sure to make a donation through your employer to: The Cancer Curing Society.

RECOVERED PATIENTS *by Kristina Wylie*



Renee Soboleski, Stage IV Breast Cancer with Metastasis

"It's been a wonderful life," Renee says, "I have no regrets and I've done more than

10 people combined in these last 20 years." In the last month alone, the 64 year-old Minnesota native has traveled to Paris, spent a weekend in Minneapolis for a theatre opening, and organized two fishing excursions. She spends the rest of her time entertaining friends, family, and babysitting her grandchildren and great-grandchild. Yet 20 years ago, after her diagnosis with Stage IV breast cancer with metastasis, surgery and three rounds of chemotherapy, Renee had lost hope.

The chemotherapy left Renee weak, sick, losing hair and struggling with memory lapses. She could feel her body dying, and prayed to God for an end to her pain. Her prayers were answered while sick in the ladies bathroom during her daughter's graduation from college. The only other woman in the bathroom happened to be an old college friend, Arlie, whom Renee now refers to as her angel. Arlie had just started classes in holistic medicine and had books on alternative therapies for cancer, including Dr. Gerson's *A Cancer Therapy* in her car. Renee read Dr. Gerson's book in five hours, and immediately decided to start the Gerson Therapy. With the support of her husband, Frank, she quit chemo, took sick leave from her job as a Special Ed teacher, and bought two plane tickets to Mexico.

Renee's healing reactions were relatively minor: a broken ankle from her childhood swelled; a tooth ached; and she often felt flu-like symptoms. She spent three weeks in Mexico and then returned to Minnesota in April. Seven months later Renee felt strong enough to return to teaching. Every morning, she prepared enough juices to last until lunchtime, when she returned home to prepare the afternoon juices and have an enema.

The oncologist from the Mayo clinic, where Renee had started her initial chemo sessions, wrote a letter to her general practitioner asking when she had died. Imagine his surprise when she returned a year and a half later for X-rays with no signs of cancer!

Renee believes that every aspect of the Gerson Therapy has a purpose, and that as a whole it aims to heal both body and mind. Before her diagnosis, she was juggling being a mother of three girls, attending college and working to support her family. She says that the Gerson Therapy forced her to be at peace with herself several times a day. She reasoned, "If I gave each of my three daughters nine months to get ready for life, then I can give myself a year and a half to regain my own life."

Renee is a valuable and inspirational Gerson supporter and we thank her for her constant dedication and help with our cause.



Paul Scelsi, Prostate Cancer

Paul Scelsi, a self-proclaimed meat and potatoes man, was diagnosed in October of 1990 with prostate cancer. His doctor

gave him three options: surgery, chemotherapy or radiation. Knowing the often painful and unsuccessful outcome of these options, Paul said to his doctor, "Don't call me, I'll call you," and started researching alternative therapies. He and his wife, Carole, attended one of Charlotte's lectures and agreed that nutrition and detoxification seemed the best approach. Paul visited the hospital in Mexico and talked to the doctors and many of the patients, which confirmed his decision to do the Gerson Therapy.

Paul arrived at the licensed Gerson hospital in January, and experienced his first healing reaction — pain and burning in his left leg and arm — almost immediately. His Gerson doctor explained that the burning he experienced was his Mylar sheath repairing

itself, because back in 1964 Paul had been diagnosed with MS: a condition that left him with very little coordination in the left side of his body. Paul decided to try a gluten-free diet, and although after a year he had regained 95% of the feeling in his body, there was always some tingling and numbness in his left hand. However, 27 years later, after his second healing reaction on the Gerson Therapy the tingling disappeared and he has full feeling in the left side of his body.

The first three months on the Therapy were the most trying for Paul and Carole. He lost 27 pounds and barely had enough strength to get from his bed to a chair. Weak and insatiably hungry, Paul admits that he was ready to give up the Therapy. Yet every hour his wife handed him a juice and made him continue.

After three months on the Therapy, Paul's PSA tripled and his doctor in Mexico didn't know if Paul was beating the cancer or the cancer was beating him. The next month, results from his blood tests showed his PSA levels had reduced and they continued to do so over the ensuing months. He slowly gained his strength back and with the unflinching support of his wife he remained on the strict Therapy for 18 months.

Now, over 10 years later, Paul feels as healthy as he was at 50, even though he is approaching 80. He still maintains a healthy diet and admits he doesn't even know where the salt-shaker is; he hasn't seen it since starting the Therapy. When he goes to his yearly physical, he mentions nothing about having prostate cancer or the Gerson Therapy. His doctor never finds any sign of his cancer, and even comments that Paul is in better health than he.

Despite his initial hardships with the Gerson Therapy, Paul believes in a mind body connection: "You have to make up your mind that you are going to stick to it, and that it's going to cure you. . . and it did."

Paul will be sharing his experience during Sharon Murnane's lecture at the **Life Part 2 Festival on September 14th & 15th at the Town and Country Resort in San Diego**. Call the Institute for speaker times and details. ■

Farewell and Thanks to a Departing Board Member

It is with great regret that we must announce the resignation of one of our most committed Board Members. Sheila Kendro joined the Board of Directors of the Gerson Institute in November 1998, just as the organization was beginning to re-invent itself and its future. Sheila has been central to almost every significant development we have experienced during the past three years and we are going to miss her patient influence a great deal.

As Chair of the Board Development Committee Sheila helped develop a policy for recruiting and selecting new Board Members and was instrumental in creating guidelines for an Advisory Task Force that is beginning to take shape. Sheila has also served on the Personnel Committee and the Executive Committee and has performed the role of Secretary for almost the length of her tenure on the Board.

Every non-profit organization relies upon the voluntary service of a committed and independent Board of Directors. This is particularly true of the Gerson Institute and we have been extremely lucky to have benefited from Sheila's wisdom and expertise over the past three years. We wish her well as she leaves to spend more time with her family and we look forward to working with her in other ways, long into the future.

If you are interested in serving on the Board of Directors of the Gerson Institute please contact the Executive Director at 619 685-5359. Residents of Southern California are particularly encouraged.



Sheila Kendro, L.Ac., R.N.

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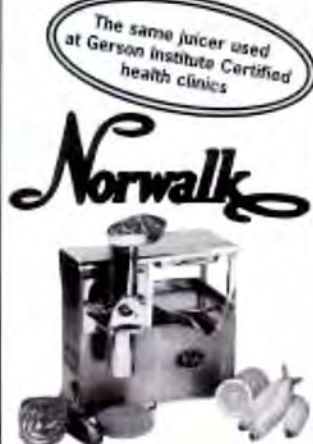
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