



IN THIS ISSUE

Charlotte's Corner

Eye Openers: Norman R. Piersma's Story *page 2*

If Only I Had Known Before

Al Schaefer's Story *page 5*

Pain Management

and Therapy Pain Management Protocol *page 7*

Heart to Heart

News and Updates from Client Services *page 8*

Holiday Recipes

a la Gerson *page 9*

- 3 From the Executive Director
- 10 Gerson Institute GRAND OPENING
- 11 Gerson Institute Supporters and Membership Form
- 12 Lecture Schedule

Update on Former Patients

Reports from Dr. Gerson's Long Term Recoveries
By Charlotte Gerson

Many of our members, friends and former patients are interested to read the stories of some of Dr. Gerson's former patients. We have been able to locate some of them, still living after upwards of 45 years from their arrival at Dr. Gerson's office and/or clinic. At the time, ALL these patients were sent home with a hopeless prognosis by orthodox medicine.

We get a number of comments from some people wondering, "But how have you been doing recently?" Of course, as far as medical histories are concerned, the longer the survival of these 'terminal' patients, the more astonishing and important. Other arguments, largely by physicians, maintain, "Well, those patients probably didn't have cancer." Many of their tissue slides were re-submitted to the top pathologist in the U.S. at the Armed Forces pathology lab and were re-confirmed.

Here are the stories of some of Dr. Gerson's original surviving patients. Please note that Dr. Gerson passed away in early 1959. He had published his classic book, *A Cancer Therapy - Results of 50 Cases*, in March of 1958. He described only cases that had recovered at least 3-5 years after being diagnosed as terminal. Obviously, many of his patients were in their late 40's, 50's and more. Those couldn't possibly be alive to date; however we heard of a number of those who passed away in their late 70's and 80's not suffering from cancer.

Virginia Golden - Melanoma Case #12 - A Cancer Therapy

Virginia Golden was just 28 years old in 1946 when she was diagnosed with a recurrent melanoma. A year before, a pigmented mole had been removed from her left ankle. Yet a few months later, another mole appeared in close relation to the original site. At that time, she was diagnosed with "a



Dr. Max Gerson

recurrent melanotic sarcoma of the left ankle with metastases to the inguinal glands." In July '46, the melanoma and inguinal glands were surgically removed and re-biopsied, then reconfirmed with melanoma at St. Lukes Hospital in New York. At the end of August, two new recurrences, one the size of a tomato the other a hard nodule, appeared in her groin. The patient and her husband were given a hopeless prognosis.

Virginia started the Gerson Therapy in September 1946 and five months later, no tumor could be detected. A year later Virginia

Continued on Page 4

GERSON HEALING NEWSLETTER

Vol. 16, No. 6, November/December, 2001

EDITORIAL STAFF

Charlotte Gerson, Founder
Andrew Printer, Executive Director
Kristina Wyke, Executive Assistant
Bryan Winko Design, Layout & Illustration

BOARD OF DIRECTORS

Mark Bruce, M.B.A., B.S., President
Carol Beard, Vice President
Ernie Becenti, M.A., D.C., Secretary
Shirley Titus, Treasurer

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 (6 times per year) by the Gerson Institute. It is our membership Helms, 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.

Please address all letters and comments to:

The Gerson Institute

c/o Gerson Healing Newsletter
1572 Second Avenue, San Diego, CA 92101
tel (619) 685-5353 fax (619) 685-5363
MAIL@GERSON.ORG

© 2001 Gerson Institute.

WWW.GERSON.ORG

CHARLOTTE'S CORNER

Talk About Eye Openers: Norman R. Piersma's Story



We are always thrilled to hear from our former patients. Their testimonies offer hope and inspiration. In Vol. 9, #2 (1994) and Vol. 12, #5 (1997), we published the story of Norman Piersma, DVM, and his recovery from metastatic Melanoma. This is his most recent letter to us:

"Jesus was, no doubt, the world's greatest eye opener. He still is. Remember the time He healed a man born blind? The healed blind man blurted out, "I was blind but now I see!" I've had two major eye opening experiences in my life. The first came on Easter Day in 1946 while serving in the US Army Air Force: I became a Christian and turned my life over to Jesus. I couldn't believe I had been blind to so many things before.

"The second eye opener happened in Mexico forty-five years later where I went for the Gerson Therapy. One month before, I'd been given only six months to live due to metastatic melanoma cancer.

"Donna and I arrived at the Gerson Clinic May 7th, 1991. Within minutes I was given a huge glass of organic carrot juice. In fact, I was served six carrot, six green and one citrus drink every day. At mealtime we went to the cafeteria where all patients were served the same thing from a strict vegetarian menu. No salt, tons of garlic, lots of flaxseed oil and a baked potato twice a day. It was here that we met the other patients from all over the world: India, Japan, South Africa and Saudi Arabia. They were all very ill when they arrived - most of them "terminal" - from different kinds of devastating diseases.

"Talk about an eye opener. How could this be? We came to this place more dead than alive all suffering from differing afflictions. Yet we were on the same natural therapy. And what were we seeing? Everyone get-



Mr. and Mrs.
Norman Piersma

ting well. My tumors were going away. The diabetic who was in line for kidney replacement was

much better. The arthritic was out of his wheelchair walking around for the first time in a year. What was going on? Were we just dreaming?

"Thank God for the classes. The lectures helped us understand what was happening. The bottom line causes of all diseases are two things: a toxic condition and an inefficient immune system. The famous Dr. Max Gerson devised a way to detoxify the body and boost the immune system. Why? Because (and this is the eye opener) once the body's sewer system is cleaned and back to normal and once all facets of the immune system are operating the way they should . . . **the body heals itself.**

"But this doesn't happen overnight. For one whole year I faithfully juiced veggies, did the coffee enemas, took thyroid, took pancreatic enzymes each meal, jumped on the mini-trampoline, made our own yogurt from raw milk and tended an organic garden. Another big factor was the support and encouragement from my dear wife and three daughters.

"Could it be that we can now **SEE** for the first time what Jesus meant when he asked people if they wanted to be "whole?" Yes, a wellness of mind, body and soul. The discipline I now need, ten years later, is that of keeping my eyes open to this new knowledge because what I didn't know before was killing me." ■

FROM THE EXECUTIVE DIRECTOR



Dear Members,

In the last issue of the *Gerson Healing Newsletter* I described the wonderful new space that now houses the Gerson Institute and thanked those of you who made our move possible by contributing to our Relocation Fund. In this issue I will highlight some of our immediate plans and thus establish a regular column that will inform you, our members, of how the Gerson Institute is pursuing its mission: **"...to heal and prevent chronic and degenerative diseases based on the vision, philosophy and successful work of Max Gerson, M.D."**

Since being founded by Charlotte Gerson in 1977, the Gerson Institute has undoubtedly made a huge difference to countless lives around the world. Now, as we enter our 25th year of charitable service, the Board of Directors and staff have a renewed commitment to make the Gerson Therapy more accessible and even more meaningful to our local community and to people everywhere.

Since August of last year both the Board and staff have been adhering to a carefully considered strategic plan of short-term and long-range goals. A year into our plan I am pleased to report that we have accomplished all of our initial objectives, including our recent move. We are all looking forward to a second year of progress and I am eager to involve you in this process as we develop programs that will expand the reach of the Gerson Institute and the value of the services we provide.

This month I am happy to report that the momentum generated by our move has accelerated beyond our expectations and we

are bracing for a busy few months. Despite some lingering obstacles (like the lack of chairs) we have already established an **Education & Outreach Program** consisting of a solid schedule of onsite seminars and workshops beginning in November. Here's what we have planned:

- | | |
|-----------------|--|
| Nov 3, 2001 | <i>Health Maintenance Using Detoxification with the Gerson Therapy</i> (3 hours) |
| Jan 26, 2002 | <i>How To Do The Gerson Therapy - One Day Intensive</i> (8 hours) |
| Feb 22-24, 2002 | <i>Caregiver Weekend</i> (2 1/2 days) |

Each of these workshops has been designed with a different Gerson user in mind: from individuals wanting to prevent the onset of disease; to caregivers intending to provide Gerson care to a friend or loved one; to health care providers wishing to offer this service to Gerson patients within their community.

Each workshop will have **discounted member rates**, we are taking reservations now and seating is limited so if you have been waiting for one of these classes to become available please give us a call. Perhaps a friend or health care provider in your neighborhood is interested so pass the information along so that we can send them some literature.

Our **Grand Opening** has also been scheduled for Sunday, January 13th. Organic hors d'oeuvres, juice and literature will be available from 12-4 pm. If you live in Southern California and would like to hear more

about any of our plans for 2002 please stop by. Staff, Board members and Charlotte Gerson will be here to meet you and are looking forward to answering any of your questions. If you are interested in becoming a volunteer for the Gerson Institute we would love to see you as well!

Finally, I will be using this column for one additional, purpose...to inform our readers about the theme of the next issue of the *Gerson Healing Newsletter*. As you will see, we are wrapping up 2001 with a focus on patient testimonials. Charlotte will share the stories of a number of Dr. Gerson's patients while Al Schaefer, one of our most active supporters tells his own story, in anticipation of Charlotte's trip to Seattle. In 2002 our first issue of the year will focus on the Gerson Therapy's place in the world of mind/body medicine.

Contributing writers will discuss various techniques and adjunctive therapies available to help Gerson patients deal with pain, stress and the sometime difficult pursuit of the Gerson Therapy. We will also have the results of a survey of Gerson patients asking about techniques used by them to help support their use of the Gerson Therapy.

Until then please accept my best wishes for a safe and healthy holiday season and join us as we look forward to an industrious new year advancing the work of Dr. Max Gerson. ■

*Yours in good health,
Andrew Printer
Executive Director*

gave birth to a healthy baby girl. She remains in good health. Last contact: 1999.

Gail Allen-Bogue, Osteosarcoma, (Giant Cell Sarcoma) age 7

At age 6, a lump was removed from Gail's leg bone, biopsied and diagnosed as giant cell sarcoma. Surgeons scraped the bone of her left ankle, removed part of it, and replaced it with bone chips to help it heal.

One year later, there was a recurrence and the tumor returned causing excruciating pain and swelling to her leg. Surgeons suggested amputation, not for curative purposes, but only to keep Gail from suffering intolerable pain while she was dying of the bone cancer. Yet her parents refused.

Coincidentally, a salesman came to the door of the Allen family in New Jersey and upon seeing the suffering child he recommended Dr. Gerson's hospital in upstate New York. When Gail arrived in June, 1957, her swollen leg caused her so much pain that she couldn't even tolerate a sheet touching it. However, within one week she was running in the garden, her pain almost gone and her tumor down by one-half. In time, she recovered completely; her leg is intact and she is married, has 2 children and remains in good health 42 years later. Last contact: 1999.

Edward Dowd - Melanoma Case #14 - A Cancer Therapy

Ed was 30 years old, married and father of two when, in April of 1954, he was diagnosed with recurrent melanomas spreading over the body. For years he had a small hard nodule on his neck. It started to grow and form into a small mole. A surgeon removed the mole and a tumor that had appeared on May 14, 1954. On May 25th, he was examined at the Portland Clinic, in Portland, OR when new black nodes appeared. The surgeon recommended a radical neck dissection, as well as dis-

section of both axillas and removal of the glands in his groin.

Ed refused and traveled to New York to start the Gerson Therapy. In a few weeks, all glands and moles disappeared and the patient remained in the best of health and working condition up to the present time.

Ed provides an outline of his own experience as follows:

- Melanoma discovered, Salem, OR, May 14, 1954.
- Gerson Therapy begun at Nanuet May 28, 1954.
- Relaxing the diet in winter of 1954/55.
- Enlargement of the right breast, April 1955.
- Resumption of stringent diet, May 10, 1955.
- Return to ordinary foods, completely cured, July 1956.

Ed resides in Baja California to the present time. He had a bout with prostate problems that cleared after a temporary resumption of the Gerson Therapy. Last contact: 2001.

Bill Schickel - Retroperitoneal Lymphoma Case #18 - A Cancer Therapy

At age 32, William Schickel was a struggling artist with three small children - the youngest a baby - and a 22-year-old wife. He had been diagnosed with inoperable, widespread retroperitoneal lymphoma. Radiation was not an option, and he was literally sent home with an estimated two months to live. Bill's wife, Mary, read an article in an organic gardening magazine about Dr. Gerson's work curing cancer by diet. Following a pilgrimage to the shrine of the Blessed Philippine Duschene their decision was made: they would go to see Dr. Gerson in New York City.

They arrived in the spring of 1950 from their home in Loveland, Ohio. After numerous tests, Dr. Gerson felt that Bill had perhaps a 30% chance of recovery on his nutritional therapy. Bill was sur-

prised that, in spite of the quiet elegance of a Park Avenue office, Dr. Gerson's fees were very modest. Dr. Gerson also explained to Bill that he would not cure him but that the reactivated defenses in his body would work to heal him. Bill reports that he felt better within a few weeks and received no other treatment.

Bill writes that in 1983 he looked back on "33 years, eight children, twelve grandchildren, and a wonderful productive life." In September 1996 (46 years after his prognosis of two months), Bill and his wife Mary beam from the cover of St. Anthony's Messenger, which contains Bill's inspiring story. He is now a famous artist, who designs and builds churches, creates church art and stained glass windows with the help of his sons and daughter Martha in his art studio. Bill won national honors for his interior design and artwork for the new St. Mary's Church in St. Clairsville, Ohio. Some years ago, he had an art show in San Diego, which I was proud to visit. Now 77, Bill works full time with his family in his studio. When I spoke to him to ask permission to publish this story, I could hear the energy, enthusiasm and strength in his voice. His story is copyrighted and he expects to publish it sometime in the future. Last contact: 2000.

Edmund Braun Case #11 - A Cancer Therapy

Ed relates his experience with Dr. Gerson:

"In July of 1955, at the age of 30, I had a cancerous testicle removed, along with extensive cancerous lymph nodes along a fourteen inch surgical cut line. This procedure took place at St. Mary's Hospital of Racine by Dr. Russell Kurten, co-founder of the Kurten Medical Center.

"The surgery was followed by 'deep ray' X-ray treatments over a period of about six months. There were 88 treatments in all, with five to ten minute X-ray exposures

each time. By March of 1956, all I had to show for these treatments were a surgically mutilated body, an X-ray fried torso, and a body riddled with metastatic cancerous tumors. With numerous tumors in both lungs, I was told that further treatment was not advisable, but I would receive drugs for pain relief for my remaining few months.

"On April 10, 1956, against the advice of my local physicians, I sought treatment from Dr. Max Gerson of New York City. He put me on a diet-based therapy in a nursing home located in Nanuet, New York. After four weeks of treatment, some of the tumors began to decrease, and some disappeared. Over the next year or so, all tumors disappeared. I stayed with the Gerson dietary regime for eight years, even after Dr. Gerson died in 1959.

"Today I am 75 years old and in good health except for skin irritations in the badly burned 'deep X-ray' areas. My torso suffered severe damage from the X-rays.

"Incidentally, after my recovery with the Gerson Therapy, my original surgeon and radiologist would have nothing to do with me. For what it's worth, this was my experience with alternative medicine. It saved my life." Last contact: 2001 ■

Non Toxic Furniture Polish

Mix 2 parts olive oil with 1 part lemon juice. Apply mixture with soft cloth and wipe dry.

Non Toxic Wood Furniture Cleaner

To remove water stains on wood furniture, dab white toothpaste onto stain. Let dry and then gently buff with soft cloth.

United Way Giving Season Has Begun!

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

If Only I Had Known Before *By Al Schaefer*

After testing positive on two pregnancy tests, I was convinced that my body was in a state of degeneration characteristic of cancer. Previous information led me to believe that when a man (or a woman who is not pregnant) tests positive on a pregnancy test there are microbes within his/her system that are generating the hormone of pregnancy: hormone Chorionic Gonadotrophin (hCG). It was discovered by numerous researchers to be present in people with cancer, and Dr. Virginia Livingston proved that a microbe present in a person with cancer produces the CG hormone. So, either I was pregnant or there was a tumor somewhere in my body. You be the judge.

It was during the time that my wife was suffering from the treatment for her breast cancer that we started seeking out alternatives to the conventional methods. After her death I continued searching for an explanation: why did she get cancer and why did the doctors do nothing but mutilate her body without stopping the progress of the cancer? I felt betrayed by the Medical establishment in the USA. The only explanation for carcinogenesis that resonated with reason was that of Dr. Virginia Livingston. The microbial basis of cancer clearly defined the enemy as a microbe whose excretion warded off the immune system by faking it out. Likewise, the same hormone keeps the embryo from being attacked by the immune system. Not only did Dr. Virginia provide a means to detect a cancerous degeneration early, but she also provided a nutritional program to recover, which was the alternative to the mutilation of conventional methods I had been looking for.

The refrain - *If only I had known before* - accompanied my sobs of regret for my wife's tortuous death as a result of the cancer and the treatment, and for the betrayal

from the doctors whom I had formerly idolized.

If only my wife and I had known before, we would have abandoned the conventional, palliative methods and used a nutritional program for her recovery. I believe Dorothy, my wife of 22 years, would be alive today if the 2 surgeries, 33 radiations and 7 chemos hadn't killed her. Her last words to me were: "They don't know what they are doing." Throughout this horrible betrayal she prayed that, "a cure be found so others don't have to suffer as I am." This prayer and the refrain - *If only I had known before* - keep running through my mind.

At the beginning of our search we found Laetrile IV injections relieved her pain but didn't slow the cancer. There is no magic bullet. After an early diagnosis, the Laetrile program with pancreatic enzymes, stomach enzymes, massive doses of emulsified Vitamin A and a vegetarian diet are called for. It was too late for Laetrile alone to ward off death 16 months after her diagnosis.

Once my emotions settled, I made her prayer my goal. It has motivated me since then, hoping to help others to search for the way to stay healthy, instead of lamenting *if only I had known before*. My grief, anger and this goal melded into the activities of my local chapter of the Cancer Victors and Friends, of which I was elected president. Through the attendees, I could empathize with their grieving, channel my anger, and fulfill Dorothy's prayer by informing others of alternatives. I continued to search for alternatives: the more I learned the more I searched, even at the expense of sleep and my health, to uncover what I didn't know before. I found the cure for cancer in literature, and survivors who did not suffer as my wife did followed authors for recovery and avoided chemo and

Continued on next page



If Only I Had Known *continued from previous page*

radiation. Her prayer was being answered, yet its pursuit depleted my energies to a breaking point.

The unrelenting search of the literature into the wee hours, the scheduling of monthly speakers and monthly board meetings along with the grief and anger taught me how to get cancer. My energy got up and went. I was so tired in the afternoons I began drinking coffee. The color of my skin became colorless. My body was degenerated. I had to change directions.

I had learned about non-invasive tests for cancer. The scientist in me said: "Now it is time to test the hypothesis. If this unconventional, far-out stuff works, I can testify (as I am doing now). If it's fake, my death will be testimony to the contrary."

The scientist in me started testing the hypothesis. Over Christmas holiday, 1977, I flew to Freeport, Bahamas, to have Lawrence Burton's test with his cancer marker. He told me, "You have an old tumor that is breaking up." I wanted his test, but not his program. I had long ago decided that I would use the Gerson Therapy, designed by Dr. Max Gerson, to get well. It was more in keeping with "Do No Harm." Back home I sent a urine sample to Dr. Navarro in the Philippines to test for the hormone of pregnancy (CG). His letter asked, "Where is your old tumor?" Yet I wanted more proof. I asked my Osteopathic doctor to write a prescription for a CG test, to which he responded, "What, do you think you're pregnant, Al?" The BioScience Lab test was positive, indicating three possibilities of pregnancy or cancer. Finally, these three tests, along with my gut feeling, convinced me and I went to the Livingston Clinic in San Diego at the end of May 1978. The dark-field exam of my blood showed a multitude of strange microbes - I saw them with my own eyes - and my liver function tests were askew. The CEA (Carcino Embryonic Antigen), a standard test for colon

cancer, read 74 (greater than 5 signals danger, and more than 10 warns of metastasises, per the Merk Manual). Dr. Virginia wanted to do an exploratory to confirm with a biopsy, but I stuck by my vow not to use conventional means. Also, I had learned that a biopsy is unreliable at least 25% of the time. Six tests confirmed that there were non-invasive tests for degeneration and cancer, without biopsy.

When I told Dr. Virginia that I was going gong to the Gerson hospital for the nutritional program, she put her arm around my shoulder and said, "You are making a wise choice, Mr. Schaefer. Bless you."

Now to test the cure hypothesis. The program I followed is clearly spelled out on page 236 of Dr. Gerson's book, *A Cancer Therapy*. I was at the hospital 20 days, during which I cleared the detrimental microbes out of my body. The rest would be the tough part - to rebuild a degenerated body. The hCG dropped to zero, and then bounced to high normal. Liver function tests also bounced around for two years, when they finally normalized. I began the Gerson Therapy weighing 115 lbs, and although at first I continued to loose weight after a couple months I weighed a husky 147 lbs. The Therapy was working. Cure hypothesis confirmed!

With the experiments complete, it's time for evaluation. The best and most readily available blood test for hCG is a **Radio-immuno Assay for hCG - beta subunit, quantitative**. Standard labs can do this.

I learned that there is **no one component in the Gerson program that is more important than the other**. Since, I have learned that other researchers have verified the importance of each component.

In the past 20 years I have conversed with many cancer patients and facilitated many support groups, still in pursuit of her

prayer. Early detection is paramount, especially is through non-invasive tests. Success with the nutritional program depends on the stat of depletion of the patient: the more degenerated the body, the steeper the climb to recovery. All conventional treatments increase depletion and degeneration of the body. Also, sheer determination and asking for God's help plays a major role in recovery. For me it's been a great scientific experiment! A great adventure! Other survivors agree.

In quiet sadness, I regret not having known before. My Dorothy's sacrifice has saved the lives of many cancer patients. May this testimony suffice for you.

Al Schaefer, along with the Cancer Victors and Friends and the Well Mind Association, has organized an event in Seattle on November 10th entitled, **Early Detection Precedes Health Recovery**, where various speakers will discuss the non-invasive tests mentioned in Al's testimony. **Charlotte Gerson** will also be conducting a workshop as well, see the events listing on the last page of this newsletter or call Al at 206-286-6623 for more information. ■

References:

1. Griffin, G.E. *World Without Cancer, Part I & II. Am Media.* 1947
2. Livingston, Virginia WC, MD. *Cancer: A New Breakthrough. Can Cancer Be Stopped Through Immunology? Self published.* 1972
3. Livingston, Virginia, WC, MD and Wheeler, Owen. *The Microbiology of Cancer: Laboratory Procedures for the Identification, Isolation and Cultivation of Progenitor Cryptocides.* Self published. 1977
4. Gerson, Max MD. *A Cancer Therapy.* Totality Books, 1958
5. Gregory, John E. *Pathogenesis of Cancer.* Fremont Foundation Publishers, 1955
6. Natenberg, Maurice. *The Cancer Blackout: A History of Denied and Suppressed Remedies.* Cancer Book House, 1960

Pain and Pain Management While on the Gerson Therapy

By Sharon Murnane

Dear Gerson Patients, Companions and Friends. The need to address issues of pain management has been persistent. Therefore, I have worked with Charlotte Gerson and the Gerson physicians to develop a "Gerson Therapy Pain Management Protocol." This is a tool that serves as a guideline during the two years for both Gerson licensed hospital patients or Gerson Home Therapy patients. I am constantly assisting patients and their families who are seeking adequate pain control. The Gerson Therapy requires mobility and energy: If one is incapacitated by pain, it will be extremely difficult to actually do the Therapy.

The International Association for the Study of Pain defines *pain* as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage described in terms of such damage." (Freeman & Lawlis, 2001). Pain may be (1) acute, (2) cancer related, or (3) chronic nonmalignant. The U. S. Agency for Health Care Policy and Research created an evaluation panel of experts to determine evidence supporting or refuting interventional methods for pain control. In the studies reviewed, relaxation techniques were found to be effective in reducing chronic pain in a variety of medical conditions. Relaxation/stress reduction techniques will decrease oxygen consumption, slow respirations, decrease heart rates and lower blood pressure. It was also observed that, since pain and one's response to it is very personalized, one approach might give greater benefit than another depending on the patients' threshold for pain and response to it.

The natural human response to pain is fear and anxiety. The amount of fear will depend significantly on the person, their situation, and their experience. Anxiety and fear focus attention on pain: the more attention is locked, the

worse the pain. Therefore, a combination of modalities that incorporates stress and anxiety reduction while addressing pain control will allow for quicker relief *when used at the onset of pain*. Ultimately, effectively coping with pain (as opposed to trying to ignore it or hoping it will go away), will prevent the need for "emergency treatment," reduce stress and anxiety, and minimize the sensation of failure (i.e.: fear

the therapy is not working) and the depression that accompanies recurrent or chronic pain.

Even more importantly I have found in my research that our body's healing fire, inflammation, which we so gladly look for as a sign of healing is "the single greatest cause of pain." (Levine and Reichling, 1999) It can affect any organ system or tissue in the body. According to

Continued on page 9

Gerson Therapy Pain Management Protocol

Pain can have many causes such as: pressure from existing tumor, inflammation at tumor site or at old injury site, healing reaction during the Gerson Therapy.

Definition of Flare-up/Reaction: "A response by the body in general, and the immune system in particular, causing an increase in detoxification and healing processes." (pg. 22, Gerson Therapy Handbook).

Causes: This may be the body's attempt to rid itself of diseased tissue, eliminate toxins of all types, and rebuild healthy tissues. Pain can start as much as 48-72 hours prior to reaction. It is usually self-limiting, lasting up to 72 hours post reaction (pg. 22).

Methods of pain relief:

1. Coffee enema
2. Castor oil pack
3. Clay Pack
4. Tens Unit
5. Lymphsizing (light stroking massage)
6. Pain Triad: 1 aspirin 325 mg, 1 niacin 50 mg., 1 vitamin C 500 mg.
7. Acupuncture

Stress Reduction Techniques

These supportive modalities can enhance any of the above methods for relief of pain, and promote a sense of well-being.

Relaxation Techniques: Breath Work/Breathing Techniques, Guided Imagery, Music Therapy

Energy work: Healing Touch/Therapeutic Touch, Reiki

Others: Hypnosis, Prayer, Meditation

Emergency Pain Symptom Management Kit

This "kit" can be used when pain is not relieved by above methods. Such a detour from the above methods is only temporary until pain is effectively controlled. It is important to manage pain effectively and early so it will not escalate and 1.) **interfere with the ability to do the therapy** 2.) **interfere with sleep** 3.) **deplete all emotional and physical reserves**. Addressing the pain early and effectively will also decrease the need for more medication, and length of time needed for these. **Ask your doctor for a prescription as soon as possible.**

1. Non-prescriptive **Ibuprophen/Motrin**. Anti-inflammatory drugs can interfere with the natural inflammation process created on the GT, **please use on limited basis**.
2. Stronger Prescriptive medication such as: **Vicodin, Percodan** & short-acting **Morphine** (also known as "immediate release") in sub-lingual or oral form, 10mg/tab, or **Roxinal Liquid** 20mg/ml (5mg=0.25ml via dropper or sublingual).

8/21/01 Client Services - Healing Reactions as "Pain Management Protocol"

Heart To Heart

NEWS AND UPDATES FROM CLIENT SERVICES



Dear Friends,
This article comes at a time when our hearts are heavy with sadness, grief, loss and fear due to the recent terrible events in the world. It is certainly a time when we hold our precious hearts - as if in a container for protection - along with numerous people experiencing tremendous loss and questioning "why?" Naturally there are many views and many possible paths to accomplish a goal. And so it is with Gerson patients. Daily people call with the news of a devastating, life threatening diagnosis. Inside their body war has ensued; the immune system was caught off guard or worn down. What will the battle plan be? How will a person accept this challenge? How will they choose to heal? The patient, family and friends gather together to seeking the best path, and they don't always agree. Gerson patients have chosen a kinder, powerful and difficult approach to their healing process that discourages pharmaceuticals and chemotherapy, eliminates toxins while pure, organic nutrients and high speed detoxification strengthen the immune system. The Gerson patient commits to take responsibility for their health and wholeness: the journey begins.

Does this sound all too familiar with what is going on today in our world? Does this not speak to the essence of our connectedness to the greater whole, to a higher power, God, or consciousness? Our nation is in a battle, but I think it is a battle of the heart and soul as much as it is anything else. The world is a very small place these days. Gerson patients are found in every continent, doing their healing work. We have literally hundreds and thousands of "unknown networkers." They listen on lines in the bank or the post office or health food store for someone they can touch and share the Gerson Therapy, hoping yet another battle can

be won. We, the Gerson family, are dedicated to hope, non-violent healing and love because without all of these, we would not be following our mission and the vision of Dr. Max Gerson.

We are all on journeys, individually and collectively. We must be fully present and attend to our needs - physically, emotionally, and spiritually - on a daily basis. In doing this, our hearts will emanate tremendous good for the world to receive. Good and evil will always exist, but if we maintain a sense of hope, love and caring for ourselves, our planet and all its inhabitants - plant, animal and human alike - we will find peace. I would ask that our world change, wake up, grow in a healthier way and learn these lessons once and for all.

Client Services has likewise experienced some changes. Nevertheless, my wonderful staff has remained incredibly productive and continues to make improvements and create ways we can better service our clients. Client Services (and the Institute as a whole) is stronger and more committed than ever to all of you. Blanca and Nan are like pillars of strength and wisdom and I continue to be amazed, honored and blessed by being a part of this organization. So the changes look like this: Alysa has not merely "moved on." She loaded all her belongings into her car, including her going away gift of the entire collection of *Gerson Healing Newsletters*, and drove to Seattle where she has started naturopathic medical school at Bastyr College. This was no easy decision for her but she has followed her heart and chose natural healing above all other career paths. There's that heart again, speaking out with clarity and integrity. We know she'll become a fabulous Gerson trained physician one day. We miss her, but we are excited for her journey: **Good luck Alysa!** Now I will wel-

come Vicky Craig. We already know that Vicky is a very special person who immediately became an active part of our team and organization. We have not missed a (heart)beat in this transition because Vicky possesses holistic health knowledge, dedication and huge enthusiasm along with wonderful skills to help us stay on our path and schedule.

Welcome Vicky!

This brings me to our first "Health Maintenance Using the Gerson Therapy" workshop scheduled in our new home on Saturday, November 3rd. Denise Young, our dedicated holistic nurse, Vicky Craig and I will invite anyone interested to join us as we sing the praises of good nutrition and detoxification for health, balance and active self care that no insurance money can ever buy. "Carrots and coffee" keeps one healthy even despite living in a world that surrounds us with toxins.

I want to express my sincere gratitude for the vision of our Board of Directors and our Executive Director Andrew Printer; the trust and commitment of the staff; the inspiration of Charlotte Gerson and more importantly to you, the supporters of the Gerson Institute. All of you have made this transition to our new home possible and now no matter what happens in the world, we have a place to have classes, give support and spread the healing light and words of the Gerson Therapy. This is only the beginning! But this was such an important step, like the little fledgling bird that takes its first flight, a little tentative but knowing, it can fly and so it is. Our new programs are being launched with enthusiasm and on time! Thank you. ■

Sincerely,

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

Pain Management

continued from page 7

Levine and Reichling, "Inflammation is a critical protective reaction to irritation, injury or infection characterized by redness, heat, swelling, loss of function, and pain. These changes in inflamed tissue serve to isolate the effects of the insult and thereby limit the 'threat to the organism' (patient). The process of inflammation leads to removal of injured tissue and repair of the injury site. This is a protective process." So we know that it is normal to experience pain when having a flare-up or healing reaction of the inflammatory type.

While on the Gerson Therapy, the first choice for pain management is natural, non-prescriptive methods like the coffee enema, a highly effective method for pain management. Remember that adding stress reduction techniques can enhance the effectiveness of any treatment choice.

If pain cannot be managed without pharmaceutical medications, then proceed conservatively. I advise anyone in pain to address it as soon as possible, *don't wait and see*. Prompt response to pain allows for less suffering, less medication, less wear and tear on the body, emotions and spirit and more energy is saved for healing.

I am hopeful that this information and the Pain Management Protocol will be a helpful guide for you and perhaps your physician. Don't assume all doctors know how to manage pain because many do not. Pharmacists are excellent resources to help with dosages for any MD in need along with physicians who specialize in acute and chronic pain management.

Highly recommended: Copy this and keep it handy for reference. ■

Freeman, Lynn W., PhD & Lawlis, G. Frank, PhD; **Complementary & Alternative Medicine, A Research Based Approach**. Mosby, Inc. 2001.

Levine, Jon D. & Reichling, David B., **Textbook of Pain, Fourth Edition: Chapter 2: Peripheral Mechanisms of Inflammatory Pain**. Edited by Patrick Wall and Ronald Melzack. Churchill Livingstone, 1999.

Holiday Recipes a la Gerson

Give the Gift of Health to Loved Ones this Holiday Season!

Tomato Mint Soup ^{GSG}

2 lbs Roma Tomatoes
5 green onions (scallions)
2 small cooking apples
5 tbsp cider vinegar
1 tsp brown sugar
2 large lemons
6 or 8 sprigs of fresh mint
200 g (6-8 oz) nonfat yogurt (optional)

Chop tomatoes, slice onions, core and slice apples. Put these into saucepan with cider vinegar and sugar. Bring to boil and simmer gently for 30 minutes. Put through food mill. Either leaves to cool, adding last ingredients later, or add the lemon juice and beat in yogurt (if used) immediately. Just before serving, add chopped mint, and scatter some on top for decoration. 4-6 servings.

Apple-Sweet Bread Pudding

1 tsp raisings
1/2 c. bread crumbs (use toasted leftover Gerson bread and run through food grinder)
1/2 c. orange juice
1 sweet potato (boiled, peeled, sliced)
1 apple (raw, peeled, sliced)
1 tsp brown sugar

Place sweet potato slices in baking dish with apple slices and raisings. Spread with breadcrumbs, brown sugar and orange juice. Bake at 350 degrees for 30 minutes.

Fruity Winter Salad ^{GSG, DAIRY}

1/2 white cabbage
2 medium carrots
2 red apples
1 oz raisins
1 oz dried figs
1 oz dried apricots
10 tbsp nonfat yogurt
1 1/2 lemon
Chopped parsley

Soak dried figs and apricots in bowl of water overnight. The next day, empty water and add finely shredded cabbage, coarsely grated carrots and apples, and raisins. In a separate bowl, combine yogurt, lemon juice and parsley. Combine and toss until well mixed. Serve chilled.

Festive Broccoli (or Festive Green Beans) ^{YN}

1 large bunch broccoli (or 3 1/2 c. sliced green beans)
1 clove garlic
1 small onion diced
1 medium sweet red pepper cut in strips
2 tsp lemon juice (optional)
1 tsp fresh dill weed (or 1/4 tsp dried)

Select dark green bunch of broccoli with no yellowing. Wash well and cut into spears, peeling tougher stalks at base. Place onion and garlic in pot. Cover and stew on low flame for 45 minutes until tender. Add pepper strips for last 20-25 minutes of cooking. Add lemon just before serving (or else it will discolor broccoli) and sprinkle with dill.

NOTE: Recipes marked with a YN were contributed by Yvonne Nierstadt, director of health services at Co-o-Vie, Vista, CA and those marked with a GSG were contributed by the Gerson Support Group in England