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Mind/Body/Spirit Survey and Results

By Sharon Murnane, RN, BA, HNC, CHTP

In my many conversations across the country this past year I have heard numerous requests and references regarding the use of complementary therapies with the Gerson Therapy. I was inspired to further investigate this phenomenon by creating a "mind/body/spirit" survey to determine just what complementary techniques or therapies Gerson patients were already using. In designing the survey I wanted to determine an overall interest in complementary techniques, what seemed most valuable, how often these techniques were used, what benefits were felt or perceived, plus, would the patient recommend their supportive additions to the Gerson Therapy for others?

This survey was mailed out to 200 Gerson Therapy patients who have been actively on the therapy from January 1999 to June 2001. We had a remarkably good response having 43 completed surveys returned for a 23% return rate. (Research literature states that 20% is a good response for informational data collection).

First I want to **thank each**

[Editors Note: Beginning with this first issue of 2002, the Gerson Healing Newsletter will occasionally focus on a particular theme relevant to the Gerson Therapy. This month our attention will be on the Gerson Therapy and mind/body/spirit techniques. However, in future issues we might address other concerns such as groundbreaking vs questionable

research, important legislation, a round up of international activities or a reminder of the follow up resources and services available at the Gerson Institute. We hope you enjoy these more focused issues. We also welcome your feedback if there is a topic you would like discussed or a story you would like to share.

Last year the Board of Directors of the Gerson Institute focused on the important matter of creating a position statement about the relationship between the Gerson Therapy and the world of mind/body

support. Some did not want to detract from the defining characteristics of the Gerson Therapy (nutrition and detoxification) while others believed that complementary techniques must and do play a part in the healing process of most, if not all Gerson patients. Ultimately, a position statement was adopted (see page 4) that has led to the creation of a resource



"We are body/mind/spirit and all has to be in balance for total healing. The Gerson Therapy balanced my body and I am thankful for that. I am in my 12th month."

GERSON HEALING NEWSLETTER

Vol. 17, No. 1, January/February, 2002

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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 (6 issues 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

Body and Mind – Total Healing



It is now called "Psycho-Neuro Immunology". For many decades, already prior to Freud's writings, doctors and caregivers were very much aware that the mind plays a large role in a patient's physical condition. However, it is important to note that one can also reverse this situation: a toxic body plays all kinds of tricks on the mind; causes depression, lack of concentration, some loss of memory, loss of control and therefore a change of personality.

When we deal with healing, our ultimate aim, we need to address all problems, physical, mental, and spiritual. Along with this attention, we also have to remember that these areas interact.

I am neither a psychiatrist nor a trained psychologist. Yet, in the many years of dealing with patients, and observing their responses, one cannot help but learn the essentials. For instance, I am very much aware that it is foolish to tell a cancer patient, "Don't worry." Of course he is going to worry. Anyone would, having just received a diagnosis of a deadly disease and in some cases becoming aware that the finest orthodox medical treatments already dispensed have only produced a temporary response, or worse, none at all. Besides, as suggested above, these very ill people are highly toxic. Dr. Gerson stated that chronic disease patients have a weakened, damaged liver while cancer patients have a toxic liver. These toxins circulate in the blood stream and, of course, also affect the function of the brain cells. The brain, a relatively small organ, uses some 2/5th of the total oxygen supply of the body; yet toxins block its proper use and therefore normal function.

It is best to give these patients the strict first few days of the Gerson Therapy, including 13 glasses of freshly prepared juices all from organic produce, proper organic foods, and especially the detoxifying coffee enemas. Then, usually within 3-4 days, the brain is much clearer and the patient, whose basic mood has changed, is able to function on a closer to normal level. At that point, one can tell her to channel her trauma, depression and fears into positive areas. We suggest prayer instead of worry, possibly meditation, or visualization as worked out by the Simingtons – whatever fits best into the patient's own belief system. Nobody tries to change their religion, or convert them if they have little faith. We work with what is available. The key is twofold: wait a little until the patient has detoxified and is able to respond and then give suggestions that work within the patients' belief system.

It must never be forgotten: the mind is a powerful instrument. It *must* be used constructively, since it can also do damage with negativity, irritation, lack of love and support.

Then, to nobody's surprise, come the typical Gerson 'healing reactions'. Here again, we have to remember that it is not only the body that heals, but rather the whole person. In the course of such a healing reaction, we have frequently seen the patient burst into a lengthy crying jag. This can last several hours, sometimes much of a day. The patients usually cannot say why they are crying, nor can a loved one, a companion or doctor 'console' them since there is nothing specific that is causing this emotional 'release.'

Continued on page 5

FROM THE EXECUTIVE DIRECTOR



Dear Members,

In this month's column I would like to focus on two important projects being undertaken here at the Gerson Institute.

First of all I would like to wrap up our **Relocation Fund Campaign** by announcing that you helped us raise an impressive \$15,506.46. In recent issues of the *Gerson Healing Newsletter* I have expressed my gratitude to those of you who have contributed to this important fund. Now that we are tallying up the donations it is clear that some members gave twice and even three times during the course of our six-month appeal. Once again, please know that your generosity made our move to a new Gerson Institute so much easier. And, now that we have moved, we are making a real difference to the local community. Visitors are stopping by every day to ask about the Gerson Therapy or browse through our newsletters, and our first onsite workshop was a huge success. This first class was sold out but we are taking registrations for those seminars currently scheduled for 2002 (see page 12 or call us for details).

If you made a contribution to our campaign you should have received a small token of our appreciation by now, along with a flyer inviting you to our Grand Opening on January 13th. Thanks again for all your support!

A new program that the Gerson Institute is launching this month is our attempt to cut through the confusing array of Gerson Therapy providers around the world and let the general public know which ones have a relationship with the Gerson Institute. As

many of you have told us, this service is long overdue.

The **Gerson Institute Approved Referral List** will be the definitive list of Gerson Therapy providers known and endorsed by the Gerson Institute. This list will include licensed hospitals such as the Gerson Clinic at Oasis of Hope, Gerson Practitioners who have advanced through our multi-phased training program, Gerson Therapy Specialists and even Support Groups. It will also include other referral categories such as Gerson Therapy Companions and Home Set-up Coordinators, both of whom will have undertaken our three-day Caregiver Training. Those Gerson providers endorsed by us will receive a decal (shown above) that should be displayed clearly and demonstrate that they are approved and on our Referral List.

Because the descriptive marks "Gerson" and "Gerson Therapy" are trademarks and/or service marks owned by the Gerson Institute we have a significant responsibility to ensure appropriate use of these terms so that they, and the Gerson Therapy itself does not fall into misuse. Therefore, those providers on our list will have a close relationship with the Institute and be held to a high standard of excellence and evaluated each year. At the same

time they will also have access to a range of benefits including deeper discounts on merchandise and access to our staff and resources. Ultimately, we believe that the Gerson Institute

Approved Referral List will benefit both the legitimate Gerson provider and the prospective patient looking for quality service in what is fast becoming a sea of Gerson choices.

So, if you would like to know if your Gerson provider is in possession of our "Seal of Approval", please contact one of our client service representatives. Alternatively, if you offer a Gerson Therapy service and would like to join our Referral List please contact Vicky Craig at 619-685-5353 ext. 127 and she will be happy to discuss this with you further.

For now, let me take this opportunity to wish you all a happy 2002 and encourage you to look out for the March/April issue which will focus on some interesting research that Charlotte has learned of and will be writing about. ■

*Yours in good health,
Andrew Printer
Executive Director*



patient who took the time to respond to the questions for their valuable comments that added to the significance and meaningfulness of this survey.

This is an overview of the 5 questions and responses:

Question #1: What Complementary Therapies Were Used? (42 of 43 answered)

Twelve choices included: Prayer (which, not surprisingly, came in first) with 76%, followed by Meditation—48%, Music—43%, Breathwork and Massage—36%, Acupuncture, Daily Affirmations and Body Movement—33%, Visualization—24%, Energy Therapy and "Other" each—21%,

Psychological Counseling—12%, Gerson and Other Support Groups—5% & 7%. An interesting note is that under "Other" therapies used these include: chiropractors, essential oils, homeopathy, exercise, nature worship, witchcraft, reading positive books, sense of humor and self-counseling.

I think we can agree this is a very individualized matter of choice. Also, some people are using numerous complementary techniques while others are using only one or two. It should also be noted that patients responding to the survey are at varying stages on the Gerson Therapy ranging from a few months to two years.

Question # 2: How valuable were these therapies on a scale of 1 to 5? (#1 being least valuable and #5 being most valuable) (39 of 43 answered)

#5 (most valuable)—67%; #4—28%, #3—5% and four people checked "not applicable." Certainly with 67%, many more Gerson patients found complementary therapies very valuable, whatever their choices were.

"I still believe it is most important to get physical health balanced and detox first, then to start on the mental detox/health. It was because the Gerson Therapy made me feel so cleansed and fresh/happy that my years of depression dissolved away and I started to look and live deep within myself."

"We are individuals and whatever modalities we choose may make a difference in recovery. Taking responsibility for getting better is important and fills emotional and spiritual needs as well. This of course is my opinion."

Question #3: How often were modalities used? (40 of 43 answered)

Once a day—78%, 1 to 3 times/week—14%, 3 to 5 times/week—3%, Every other week—5%, N/A—0. Frequent usage predominated, with most people doing something on a daily basis.

Question #4: What were the results or benefits? (42 of 43 answered)

From a list of choices: Increased sense of well-being—50%, Emotional Support—45%, Increased Peace—40%, Relaxation and Stress Reduction each had—36%, Increased hope—26%, Increased Trust and Coping each had—17%, Pain Control—7%, N/A—1. An amazing 24% experienced "all of the above." This is wonderful.

Question #5: This question asked whether these previously listed techniques/modalities were helpful to the Gerson Therapy patient. (26 of 43 answered)

96% felt they were helpful and 1 person or 4% felt only the physical aspect of diet, juicing and detoxification were beneficial.

I think our patients have spoken volumes in the results of the survey. While I have personally studied many of these techniques over the years and practice some of them myself, no one speaks it more powerfully or with more heartfelt meaning than a person doing the Gerson Therapy for a life threatening or debilitating illness. Comments lifted from these sur-

Statement defining the Gerson Institute's position with regards a mind-body link and the Gerson Therapy*

Detoxification

The Gerson Institute recognizes the importance of the mind-body link. However, we will continue to emphasize the healing of the physical body as our top priority. There is no substitute for the distinguishing element of the Gerson Therapy – detoxification.

Adjunctive Therapies

Adjunctive therapies have been used in conjunction with the Gerson Therapy since the 1950's. This integrative treatment is used for the purpose of supporting the individual's healing.

Whole Body

The Gerson Therapy is recognized for treating the whole person. In Dr. Gerson's writing about treating the whole person he states:

"The balanced emotional condition is very important but without the diet and the detoxification you cannot heal"

— Dr. Max Gerson, Appendix II, *A Cancer Therapy*

Primary Role

The Gerson Institute's primary role is to educate the public about the Gerson Therapy.

* Adapted by the Board of Directors on January 21, 2001

continued from page 1

guide offered by the Gerson Institute and greater discussion by our staff about the value of individualized psychological or spiritual techniques that can help the body heal. By creating this resource we have embraced our responsibility to help direct those who are seeking additional support as they embark on the Gerson Therapy. At the same time we would like to stress that the Gerson Institute does not claim an expertise or a bias toward any one of the emotional, spiritual, religious or psychological resources described by us in this newsletter or our other literature. Advocacy for the Gerson Therapy remains our sole and primary purpose.

Therefore, this January/February 2002 issue of the Gerson Healing Newsletter will approach the topic of the Gerson Therapy and mind/body techniques from a variety of angles. Both Charlotte and Sharon will address the subject, as will some of our recovered patients and we have the results of a recent survey of Gerson patients. If you would like more information about the mind/body/spirit resources that we have available please give us a call or purchase a copy of Charlotte's new book that has an entire chapter devoted to the subject.]

veys have been interspersed throughout this article illustrating how important complementary therapies can be for some Gerson patients.

With these results and a mind/body position statement for the Gerson Institute in place, the Client Services Department went to work designing our new **Gerson Therapy Mind/Body/Spirit Reference and Resource Guide**. This guide provides Gerson patients with descriptions and explanations of over 20 different types of therapies and techniques approved by both the Gerson Institute and Charlotte Gerson that can help the Gerson Therapy heal the body. The guide offers the patient and caregivers an overview of various opportunities one may

Continued on page 6

But a release it is. And here we have to remember that every person has, in the course of normal living, some serious, other not so serious, emotional traumas. One of the worst of these is the diagnosis of cancer, often followed by mutilating surgery and toxic chemotherapy. These physical traumas are felt on a deep emotional level. If and when such a patient goes through this emotional crying jag, he or she feels greatly relieved when it's over. Yes, men are able to cry as well as women. And since men are often forbidden by society to let their feelings run out in tears, it is a great healing experience when they can finally "let go." One simply needs to be there, possibly without talking, just quietly sending love and compassion.

There is another aspect to this problem: Dr. Gerson states in his writings that a considerable number of patients simply die of fear! He also writes that, in his opinion, the patient is truly healed only when his fear is gone. To his great satisfaction and as a true mark of recovery, he quotes one patient as saying, "Nothing can grow anymore in my body."

A large majority of Gerson patients receive no psychological support from trained practitioners. Certainly, a truly compassionate and understanding psychologist can speed the patient's healing. By no means are all traumatic emotional shocks related to the patient's disease. We all go through difficulties, irritations and confrontations with family, spouses, children, in-laws, bosses - on and on. Being able to clear these emotional blocks provides a great help to the psyche and therefore to the immune system. It speeds healing. A few patients, as a result of too severe trauma, don't really want to live, nor go through the long-term, work intensive Gerson Therapy in order to get well. These need the professional psychological

outlet, hopefully to restore their will to live. Without the patient's will to live, it is virtually impossible to heal him. I have only seen one case where this didn't apply: a beautiful woman, gentle and motherly, suffered from breast cancer. She had been subjected to surgery, radiation and chemotherapy and was convinced that she couldn't recover. So rather than hang on and try, she wanted to die. But her husband's powerful love and support just wouldn't let her go. And she did recover.

It is stated by some psychiatrists that a fatal disease is the only acceptable way to commit suicide. We have rarely seen patients who come to the Gerson Therapy who do not want to live. On the contrary, they resent the above statement. It's important that they want to fight. They need a lot of energy to work their way through this Therapy. Some even have to work against relatives and friends who are horrified at their trying an alternative treatment. In such cases it is best to counsel the patient to stay away from negative people, no matter how well they mean. These 'friends' must realize that, in most cases, the patient has already failed orthodox therapy; and in other cases, has seen the dismal results of these treatments. A true friend, under those circumstances, understands the patient's reasons for using alternative treatments, respects the patient's decision and supports it.

Dr. Gerson suggests the following method to deal with well-meaning friends or relatives who want to give the patient "advice". Simply ask that person, "How many terminal patients have you cured with this advice?" That should stop them. Healing is still only possible by detoxifying and restoring all body systems to reactivate the body's ability to heal physically, mentally and emotionally. ■

safely choose to enhance the healing experience.

By embracing any one of these listed techniques the Gerson patient can create an improved sense of well-being and an active participation on many levels that will support a truly holistic plan of self-care. It is empowering to make these choices and commitments that ultimately help the therapy work better, decrease stressors that affect our immune system, improve our attitude and coping



"One of the most important 'helps' during the therapy process is relaxation and breathing techniques."

skills and make such an incredible difference to the healing process, as you will read in Charlotte's article.

Both Charlotte and I have witnessed survivors as well as those who chose negative mindsets that can heavily deter healing, whether into life or death. Our *Mind/Body/Spirit Resource Guide* lists over 40 extremely valuable resources for support, creating balance and survival techniques. We have carefully chosen a list of books, instructional tapes, websites, journals and associations to help you locate many tools of support. Here are some examples from the **Gerson Therapy Mind/Body/Spirit Reference and Resource Guide** based on those techniques used most frequently by the patients surveyed. Please contact client services for the complete guide.

"Really all techniques are highly beneficial."

Acupuncture

Acupuncture is the use of fine-gauged needles inserted into specific points on the body to stimulate Qi or disperse energy traveling along the meridians. The effects of acupuncture are well established. Acupuncture stimulates the release of endorphins and other neuro transmitters and hormones, and thus is used to reduce pain, increase relaxation and enhance healing. (Acupuncture is not recommended for a melanoma diagnosis)

33% of patients surveyed used acupuncture

Music/Sound Therapy

Through the use of music, individuals explore emotional, spiritual and behavior issues. Sound works by rebalancing our bioenergetic systems. Music and rhythmic sounds can influence the mind and body and instill a state of inner peace that can speed recovery.

1. Listen to upbeat music to get you going and started on the first coffee enema and juice in the morning
2. Listen to relaxing music during "coffee break," while practicing breathing techniques
3. Listen to calming music during stressful situations and healing reactions.

43% of patients surveyed used music/sound therapy

Gentle Yoga *(after 3 months on the Gerson Therapy)*

Yoga is an ancient mind-body exercise system that incorporates body postures called asanas with breath exercises and meditation techniques. Many forms of Yoga styles exist and some are more physical and vigorous than others. Gerson patients should practice only the Yoga forms that are restorative and meditative. One example is Hatha Yoga, which is the most common style of yoga

"Any therapy can only be enhanced by additional support suited to one's personality and should therefore be considered."

designed to balance, align, and integrate the internal energies of the body. Hatha Yoga can promote relaxation of the mind through visualization, breathing and meditation techniques.

33% of patients surveyed used "body movement" techniques

Meditation

Meditation is a way of clearing and quieting the mind to create a state of conscious awareness, relieve muscle tension and facilitate inner peace. The health benefits of meditation have been well documented scientifically and described by Dr. Herbert Benson as the "relaxation response." It is a psycho-physiological state where the muscles of the body are released of tension and lactic acid, where the heart rate, blood pressure and respirations are decreased, when the brain is in an alpha state (alert, yet calm) and the parasympathetic nervous system is activated. Meditation can be practiced anywhere; during juicing, washing vegetables, coffee breaks, rest periods, etc.

Here is Dr. Herbert Benson's "Relaxation Response":

1. Find a quiet environment
2. Consciously relax the body's muscles and breathe slowly and naturally
3. Focus for 10-20 minutes on the word 'one' or a brief prayer
4. Assume a passive attitude towards intrusive thoughts (don't worry about them, keep focused on your word or phrase)

48% of patients surveyed used meditation ■

"Mind/body/spirit needs to be healed together. But above all God is in charge"

Patient Recovery: Marilyn Barnes

By Kristina Wylie

"I like to tell patients starting on the Gerson Therapy that it's fun. It's a celebration of health and your body. It's time to put yourself first and get well!" Marilyn Barnes discovered the Gerson Therapy through a mutual friend after a melanoma diagnosis from a removed mole in 1979. A couple of days after the diagnosis, Marilyn had an epiphany that although it's a terrible thing to be ill, she was also given the time to regain her health, to enjoy life and find both hope and energy. She believed that to heal was a matter of finding the right therapy as well as the willingness to be a survivor. Twenty-two years later, she believes that it was her life's theme - to be in charge of your life and health - that ultimately lead her to the Gerson Therapy and then brought her through it.

Marilyn read Dr. Gerson's book, *A Cancer Therapy*, cover to cover in one day. She instantly knew this Therapy would allow her to be in control of her health and remain in the driver's seat. After spending two weeks at the Gerson Clinic in 1980, she lived in a halfway house located in San Diego where up to 30 Gerson patients continued on the Therapy together. Marilyn later ran the Gerson halfway house until it's closing almost 10 years ago, where she remained on the Therapy and helped many patients on their journey to health.

Doing the Gerson Therapy in a group environment proved both helpful and healing according to Marilyn, who recommends patients try peer counseling either in groups or one-to-one. Since much of the healing is emotional as well as physical, an upbeat and understanding support system is imperative. Marilyn advises joining any group of interest, as long as it's aimed at wellness. "I cried a lot on the Gerson Therapy," Marilyn recalls, often releasing feelings of

guilt, fear and hopelessness. Such emotional healing reactions, as Charlotte describes them, are common while on the Therapy, yet having a support network so one won't feel alone or frightened by these is important.

Many of the patients Marilyn met at the halfway house used meditation as an adjunctive therapy. Although she seldom uses sitting meditation, Marilyn says she uses long hikes or cross country skiing or just being outdoors as her form of meditation. Since the Gerson patient is often constrained to home, she says during that first year she read everything she could possibly acquire about self-help and self-healing. She also used the coffee enemas as meditation time as well, often lighting candles and listening to her favorite music to relax.

Almost 60, Marilyn continues to help Gerson patients with the Therapy and she still keeps up with parts of the Therapy that serve her everyday. A talented



Gerson cook, she believes that by making the Therapy easier in the kitchen

and by empowering the patient by helping them realize they are in control of their health makes the Gerson Therapy more of a gift than a challenge. She admits she still worries about a possible recurrence of cancer, yet all she can do is not let fear get the best of her. Thank you Marilyn, for being a wonderful supporter and inspirational helper for many Gerson patients. ■

Marilyn will be volunteering at our "Caregiver Training Weekend" and will also be teaching a Gerson Cooking Class on Saturday, May 4th. Call the Institute for more details.

CAREGIVER TRAINING ANNOUNCEMENT

This 3-day weekend workshop is designed for both the general public and health care professionals requiring a more thorough understanding of the practical application of the Gerson Therapy. If you would like to care for a loved one pursuing the Gerson Therapy, or if you are a health care worker who would like to offer this service to Gerson Therapy patients in your community, please call 1-888-4GERSON for an application. Attendees will also be working towards participation in our newly created "Gerson Institute Approved Referral List." The Gerson Therapy Home Package (valued at \$139.75) is included free with registration.

Limited class size. Call now to register!

Dates: Friday, February 22nd-Sunday, February 24th

Location: The Gerson Institute

Fee: \$300 general public

\$200 Members, Supporting Members, Donors, Patrons, Benefactors, seniors and Students (with ID)

Heart To Heart

NEWS AND UPDATES FROM COLLEEN SERVICES



Greetings! Hopefully everyone is rested after a busy holiday season. Just remember that Dr. Gerson said if you strayed from the therapy (as one may have done recently perhaps) you could do an extra enema or two and get back on track. One or two stray days a year won't undo months of the Therapy, but no more than that please. Return to your commitment, be well and thankful, for each day is another opportunity to heal and rebalance.

Our journey to England was an enormous success filled with old friends and new acquaintances. This was my first visit to the UK and the beauty and generous hospitality were abundant. The Gerson Therapy is an important aspect of many lives and people receive wonderful support from former Gerson patients and families such as Janet and Gray Robinson, who provided Andrew and me with excellent Gerson juices and meals while we discussed many possibilities for future Gerson Therapy education and support programs. I thank them for their kind hospitality and the finest tour of the local area. We took a much-needed relaxing train to meet with the staff of the Wirral Holistic Cancer Care Center, including Dorothy Crowther, Chief Executive and Hillary Andrews, RN. Dorothy has designed and teaches (along with Hillary) an impressive nutrition-training course for nurses based on the Gerson Therapy. Again, the hospitality was most wonderful, so I thank Dorothy for her time and commitment to the work she does

there. Patients can learn about the Gerson Therapy, have medical supervision and admission at Vale Court by contacting the Wirral Holistic Center. We hope to be working much more closely with our British supporters in future.

Our first "in house" November 3rd workshop report in three words: **a huge success!** Vicky,

vention. Life is about all the choices we make physically, mentally and spiritually.

I am very proud of the Client Services staff's hard work and dedication to initiate this series of workshops.

We look forward to the one-day training in January as well as our *Caregiver Training Weekend* in

February, which will provide in-depth, hands on training for caregivers and anyone who wants to qualify for the "Gerson Approved Referral List." Whether you wish to volunteer to be a companion or require a "fee for service," this weekend training is imperative. Over the years we have had many people in need of a trained companion or home set-up coordinator. We have created this program that will allow us to properly assess individuals who we will refer to patients.

Our new "Gerson Approved Referral List"

will become the benchmark for all referrals coming from the Gerson Institute including physicians, licensed medical providers, companion/caregivers, home set-up coordinators and support network facilitators. We have a quality assurance aspect in place to help us maintain a current updated list we can monitor and build on in the years to come. Our goal is to help provide Gerson patients with the much needed support and care they need and deserve. Thank you for your support as well. ■

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



Dorothy Crowther (l) and Hillary Andrews of the Wirral Holistic Center with Gerson Institute Executive Director, Andrew Printer.

Denise and I taught about toxicity, how to make safer choices in our lives along with an overview of the Gerson Therapy to a parlor filled with interested people, including one delightful lady who flew down from San Francisco! We all sipped freshly made carrot juice, shared helpful tips and personal stories, learned how to prepare the coffee enema with ease, comfort and a sense of humor! The class evaluations were positive and we even have a waiting list for the next "Health Maintenance," which has inspired us to create a calendar of events for the next six months. We are continuing to work hard to educate people about Dr. Gerson's therapy, health and disease pre-

Body and Spirit – Is There a Connection?

By Reverend Gray Robinson, Recovered Gerson Patient

[Since 76% of our patients surveyed used prayer as a complementary therapy, we asked Reverend Gray Robinson to speak to the connection between health and spirituality.]

“How can you find peace at a time like this?” This question was addressed to me as I sat at the lunch table with a lady suffering from serious skin cancer (Melanoma). I am a recovered cancer patient (non-Hodgkin's lymphoma).

One of the problems we have in the Western World is that we have a view that compartmentalizes life. We divided our life into sacred and secular, body and soul, or even into body, soul and spirit; this follows the ancient Greek philosophers. We divide even further when it comes to health treatment. Areas are so specialized that seldom does one get a doctor who treats you as a whole person.

It is generally recognized however, even in orthodox medical circles that our emotional, psychological and spiritual health has an effect on our physical well-being.

I understand that people have different spiritual and philosophical views but, as a Christian, I firmly believe that God created us as whole persons. The teaching of the Judeo-Christian faith is that we are a union of body and spirit or body, soul and spirit. In a sense it doesn't matter how many labels we give the components, as we are whole persons. This is clearly seen in the teaching of the bible – let me give you one example. King David of Israel in the Old Testament was feeling guilty, and rightly so, because of something he had done and he writes the following in reflection - Psalm 32:3 *When I kept silent, my bones wasted away through my groaning all day long. (NIV)* He tried to hide his

guilt and it made him physically ill. In other words his spiritual and emotional state affected his body – in his case negatively.

There is a positive side. If we can have peace and hope, even in the midst of struggle or even trauma, we will benefit physically. If we equate peace with the absence of trouble and difficulty we will never have it, or at least not for very long since life is full of ups-and-downs. Inner peace and contentment doesn't mean not having emotional struggles, nor does it require us to bury our heads in the sand and pretend the troubles are not there. Rather it is being able to face struggle with confidence and assurance of the future.

During my struggle with cancer there were certainly times of distress and struggle. Questions like “What will become of my wife and children if I am not here?” Looking for peace inside myself as some suggested seem rather futile, as that was the very place the turmoil was greatest.

I knew there were many people praying for me. I knew in spite of my feelings and my doubts that God loves my family and me far more than I can imagine.

I also realized that even if I were to recover from this present illness I would still have to face death one day so I might as well deal with it now. The only person I know who has successfully dealt with death is Jesus, and in his resurrection he invites all to come to him for peace and life. Jesus said to his troubled followers “... in me you will have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 16:33



Rev. Robinson with his wife Janet.

Lasting peace ultimately, I believe, comes from God.

I was asked to contribute on the spiritual dimension but would like to add that there is certainly much emotional and psychological support and benefit from the love, care and concern of family and friends – the help I received from my wife, Janet, and our children is inestimable. I had countless people around the world praying for me and I believe God has answered those prayers.

I also found great benefit from doing something physical (e.g. Gerson Therapy) for oneself rather than only passively receiving from the medics.

I firmly believe that our spiritual well-being has a direct effect on our physical health. We need to have our spiritual as well as physical needs met. We are, after all, not just a collection of cells but whole people! ■

Reverend Robinson and his wife Janet are both members of the Gerson Institute Advisory Task Force. See page 2 for a complete list of members.