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Poor Research, Bad Science

By Charlotte Gerson

Aspirin in the place of Coumadin:

AS I was flying to New York on November 15, 2001, I saw a small item in the paper reporting on the results of a study published that week in the prestigious *New England Journal of Medicine*. While I didn't get the opportunity to examine the complete article, the news item stated that according to the study, aspirin is just as effective as the expensive Coumadin, an anti-blood-clotting medication. Much more important, however, is that while aspirin can have some mild side effects, it doesn't begin to compare with the "warnings" and

problems caused by Coumadin.

Here are a few (as quoted in the *Physicians Desk Reference Guide*): "hemorrhage in any tissue or organ; necrosis and/or gangrene of skin and other tissues." In some cases hemorrhage and necrosis have resulted in death or permanent disability. In serious cases of necrosis, treatment suggested is amputation of limb, breast or penis. Further, circulatory problems have been reported, including purple toes, rash, abrupt and intense pain in the leg, foot, or toes, foot ulcers, myalgia, penile gangrene, renal insufficiency, pancreatitis. Most commonly affected

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Gerson Institute's Grand Opening A Success!



Over 150 guests attended our Grand Opening on Sunday, January 13th. Guests sampled organic fresh food prepared using the Gerson Therapy, won raffle prizes and signed up to attend seminars or become volunteers. For more, see the Executive Director's column on page 2.

GERSON HEALING NEWSLETTER

Vol. 17, No. 2, March/April, 2002

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MISSION STATEMENT

The Gerson Institute is a non-profit organization dedicated to the healing and prevention of chronic and degenerative diseases based on the vision, philosophy and successful work of Dr. Max Gerson.

VISION STATEMENT

Giving an effective option for enhanced quality of life in harmony with nature, for ourselves and future generations.

BECOME A MEMBER!

The Gerson Healing Newsletter is published on a bi-monthly schedule (6 times per year) by the Gerson Institute. It is our membership lifeline, and is intended to keep both our members and the general public informed of various health issues. Turn to page 11 in this newsletter for information on becoming a member of the Gerson Institute. Membership Form, page 11.

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CHARLOTTE'S CORNER



More About Pesticides

Sometimes I think I have heard it all – but then more frightening facts and information come up. This is information from Peter Montague, and reprinted by the *Cancer Forum* magazine of the Foundation for Advancement in Cancer Therapy, Ltd. (Vol. 17, No. 3 & 4, Summer 2000) from *The Ecologist*, Vol. 29, Oct. 1999.

A case controlled study by two Swedish scientists, Lennart Hardell and Mikael Eriksson showed evidence that non-Hodgkin's lymphoma is linked to pesticide exposure. It had long been evident to me after discovering the background of lymphoma patients that they often had undergone severe exposure to toxins, not only pesticides. For example, we saw two couples where both husband and wife suffered from lymphoma. In each case, these four people had worked many months to build their own new homes, therefore exposure to chemicals, glues, paints, solvents, phenols, wood preservatives and an unending list of toxins seemed to be the main cause of their disease. In the case of the Swedish scientists, a prior publication had already linked non-Hodgkin's lymphoma (NHL) to phenoxy herbicides in 1981. NHL is increasing rapidly in the industrialized world. Analysis shows that the incidence of this disease increased at the rate of 3.3 percent per year between the years 1973 and 1991, the third fastest growing cancer in the country. In Sweden the statistics go further back and the incidence of NHL has increased at the rate of 3.6 percent per year in men and 2.9 percent per year in women since 1958.

A particularly frightening aspect of this study is that one of the herbicides linked to NHL is glyphosate, sold by Monsanto under the trade name of Roundup. Where

have we heard about Roundup? It is now incorporated in the genetically altered seed produced by Monsanto in order to 'save the spreading of pesticides' with the poison already contained in the seed! A prior study by the same group had implicated Roundup in causing hairy cell leukemia. Several animal studies have shown that Roundup can cause gene mutations and chromosomal aberrations.

In the US and Canada, researchers found and measured pesticides in the amniotic fluid of 30 percent of nine pregnant women in Los Angeles, California. (A baby developing in the womb is surrounded by amniotic fluid until birth.) The pesticide p,p'DDE is a breakdown by-product of DDT and interferes with male sexual development by de-activating testosterone. This research was published in June of 1999 at the Endocrine Society in San Diego, California, and was the first time that pesticides have been measured in amniotic fluid.

A *New York Times* article reported an excess of pesticide residues on many fruit and vegetables, exceeding the limits set by the Environmental Protection Agency. Using U.S. Department of Agriculture statistics, based on 27,000 food samples from 1994 to 1997, food samples were within legal limits. However, looking at foods children are most likely to eat, pesticides residues were well above the EPA levels supposedly safe for young children. The younger the child, the more sensitive his/her developing tissues, thus the more damage can be caused by pesticides. *Consumers' Union* reported that even one serving of some fruits and vegetables could exceed the safe daily limit set for young children. I doubt that any level is safe for children — or adults, for that matter. ■

FROM THE EXECUTIVE DIRECTOR



Dear Members,

This month's column can only be about one thing: our extraordinarily successful Grand Opening held on Sunday, January 13th. As you know we only moved into our new space last July but we have been continually surprised at how all of our plans are falling into place. We did not expect to have an impact on the local community for several months but we have had people dropping in from the very beginning. We braced ourselves for a small turnout to our first onsite seminar, but it was sold out and so are the next two. And, we did not think our Grand Opening would be all that grand. Yet, it was!

Our big day began several weeks earlier when a committee consisting of both staff and board members began considering the food, entertainment, promotion and the voluntary effort required to appropriately announce our re-entry into the community. Of course everyone rose to the occasion and special thanks must go to staffers Kristina and Vicky who spent many hours working on the event, rustling up donations of juice and produce (**many thanks to Juice Evolution and Be Wise Organic Ranch!!**) and then preparing a wonderful spread of Gerson hors d'oeuvres. Thanks too to Carol and Shirley, perhaps the most devoted Board members a non-profit could have. The Gerson Institute has become their home away from home and we are extremely lucky to have their support.

So, Sunday arrived and with it

came 150 guests from all walks of life. Many of our visitors were familiar with the Gerson Therapy while others were not. People



from our new neighborhood stopped by to say hello and recovering patients traveled by plane to visit with Charlotte and learn about our new programs. More than 20 volunteer applications were distributed, 15 new memberships were received and we could barely keep up with the merchandise sales. Most important of all were

the innumerable contacts that were made with people seeking help and medical professionals wanting to get involved. To top it all off, one of our local news stations came by and interviewed Charlotte so the whole event ended up on the evening news.

By the end of the day we learned two things: that there is a real interest in the Gerson Therapy here in San Diego and that the Gerson Institute definitely needs a dishwasher (and a second refrigerator). While we are

eager to build upon our momentum here in the community I would be grateful if any of our Members can help us buy a dishwasher. We want to walk our talk and be sensitive to the environment by avoiding plastic, paper and Styrofoam kitchenware. However, cleanup is proving to take as long as our events so if you can offer any help at all please let me know. Meanwhile, here are some photographs of our Grand Opening that you might enjoy. In the next issue of the *Gerson Healing Newsletter* we will focus on the array of programs and services offered by our wonderful

Client Services Department for both prospective and recovering Gerson patients. I will look forward to sharing more news with you then. ■

*Yours in good health,
Andrew Printer
Executive Director*

organs are the kidneys, followed by the pancreas, spleen and liver.

News about Mammograms:

Another study was reported on the front page of the *San Diego Union Tribune* of December 9, 2001. In the October 20th (2001) issue of the prestigious British medical Journal, *The Lancet*, a new controversial study was reported. It stated that, "Mammograms do not prevent women from dying of breast cancer or help them avoid mastectomies."

For many years, women have been urged to have a mammogram every year starting at age 50 or sooner, and have been promised that early detection would reduce their chances of dying from breast cancer by about 30 percent. Not only that, but early detection would allow women to avoid extensive surgery and harsh treatments. The new analysis, based on seven large studies over the past few decades, shows that these promises are illusions. Large groups of women (over 44,000 in Canada and 21,000 in Sweden) were followed in each group, one had mammograms, the others did not. Their rate of breast cancer deaths were almost identical.

I recall a similar controversy going back many years. At that time (I can't recall the date) the American Cancer Society stated that, "mammograms cause more cancer than they detect." The statement was quickly squashed - for reason - whether factual or financial. It does remain a fact, however, that mammograms deliver a considerable amount of radiation that could easily prove harmful over time.

New Drug Warning:

The drug is not new; but some new information has come out in a study referred to as "postmarketing experience" in more than 7.2

million patients in the United States. We should understand that this new information was not available to the FDA (Food and Drug Administration) when the drug was first submitted for approval. It has now come out that, in fact, this drug is not "safe and effective", as the FDA requires for admission.

Bristol-Myers Squibb is distributing information stating that, "cases of life-threatening hepatic failure have been reported in patients treated with *Serzone*, a tranquilizer." The problem is described as "liver failure resulting in death or need for a transplant" (a \$200,000 to \$250,000 procedure).

Admittedly the flier states that this situation is 'only' shown in about 1 of 300,000 patients treated. But if one reads the information carefully, it turns out that various problems can arise well before the situation has become life-threatening. One of the most interesting statements reads: "...it is difficult to monitor for changes in liver function in patients whose liver function is already abnormal..." The additional consideration is this: while the manufacturer admits to about one fatal case of liver failure in some 300,000 treated patients, the new information tells patients to immediately report problems such as signs and symptoms of liver dysfunction including jaundice, anorexia (lack of appetite), gastro-intestinal complaints, malaise (feeling ill), etc. Yet no numbers are given for these cases! But doctors are urged to discontinue treatment with *Serzone* if such symptoms are reported. The other thing to remember is that, if a patient requires a tranquilizer, his liver function is most likely already disturbed. *In a healthy, functioning person, no such drugs are required.* Therefore, the described drug is not truly safe in any case.

Remember that eating an organ-

ic and vegetarian diet causes less stress to the body. If special stress situations arise, simple herbal treatments with St. Johns Wort or Valerian tea are sufficient to help the person to sleep and relax without dangerous side effects.

Beta Carotene:

In June of last year, Dr. T. Colin Campbell gave a most interesting lecture at the *Health & Healing Crusade* in Lodi, California. Among other reports he talked about the testing that was done regarding the possible value of beta carotene to strengthen the immune system. In 'orthodox' science, any study to be acceptable is supposed to be done on the basis of 'random double blind' results. However, it is literally impossible to do a double blind study with carrot juice. Naturally, the subjects would know whether or not they were drinking carrot juice. Therefore the study was done with capsules of beta carotene. Large numbers of women were given these; the others were given placebos. Over a period of 8-10 years, those who had taken the beta carotene showed increased rates of lung cancer vs. those who had used placebos.

What was happening? Dr. Campbell, a professor of nutrition at Cornell University, and strictly from the orthodox establishment, based on his many years of study in nutrition clearly stated that pharmaceutical materials are relatively worthless. It is the fresh, plant based nutrients that make the difference. Nevertheless, in the aforementioned study, the 'scientific establishment' concluded that carrots had no value in preventing cancer! Of course they never tested carrots or carrot juice. This is bad science. ■

Stella's Story: How Stella Got Her Groove Back

By Stella Petras of Kelliber, Saskatchewan, Canada

Two short years ago, in September 1999, our children were making arrangements to celebrate our 50th wedding anniversary. The occasion was of great importance to everyone because in April of 1999, I was diagnosed with hepatocellular carcinoma, or liver cancer. "Enjoy your summer!" the doctor said as he bid me farewell after informing me of my diagnosis. This did not leave me much hope to see our wedding anniversary in October.

My troubles started on Easter Sunday at church. I suddenly became dizzy and weak and fell to the floor. My husband rushed me to the hospital to find I had suffered a cerebral hemorrhage. Following a CT scan, they also discovered an 8.2 cm mass in the left lobe of my liver, nestled like a bird's nest in the center of three major blood vessels: the hepatic artery, the portal vein, and inferior vena cava. During the biopsy of this lesion, one of the vessels was punctured. I experienced severe pain and my abdomen quickly became distended. My blood pressure dropped drastically, and my Hgb went down to 71. This post-biopsy hemorrhage added a huge burden to my already struggling liver.

Upon discharge from the hospital, my daughter investigated the nutritional aids to help cleanse my liver. My doctor claimed, "There is nothing you put in your mouth that will make your body work any better," and sent me home to recuperate from this near lethal surgical procedure as well as deal with the fact that I now had liver cancer. Because of the location of the lesion, surgery, radiation, or chemotherapy were not offered as options to possibly slow the cancerous process. Just go home and enjoy the summer!

I started the Gerson Therapy here in Saskatchewan. As faith would have it, we met many wonderful people who helped me start the



Stella's family celebrates her 50th wedding anniversary.

Gerson therapy here at home. Then in June of 1999, I went to Mexico to the Gerson clinic to enhance the treatment with organic fruit and vegetable juices, supplements, daily B12 injections and the famous coffee enemas. Back at home, organic vegetables are not difficult to acquire, but to make access easier to the vegetables I needed my daughter became a distributor. She and a friend started an organic grocery co-op. As friends and family learned of this simple method to rid the body of toxins while enhancing their own health, more and more people have integrated different elements of the Gerson Therapy into their lives.

It's been two and a half years since my terrible diagnosis. I continue on a modified therapy. Every morning my husband prepares my glass of juice while I take my "cof-

fee break." I enjoy all the pleasures of a healthy normal life. We have a huge garden where we grow a lot of our own vegetables. I cook, sew, quilt, crochet, knit, play cards and visit with friends and family. What more could one ask for?

My doctors here in Saskatchewan have been amazed at my progress. They have been wonderful in sharing blood work with the Gerson clinic. In fact, a short time ago on a visit to my GP, he explained that he asked his father to pray for my family and me. Apparently he had shared my story with his father, who is a minister in South Africa,

and explained that I was the only person he had ever known throughout his entire medical practice who had survived liver cancer. He was so inspired by my strength and perseverance to beat the odds with what he calls a "controversial" method of healing. In fact, a few short weeks ago, on a regular visit, he again expressed his mar-

vel at my recovery, calling this a true "miracle," and requested my permission to share my medical files with his colleagues in South Africa.

After returning from the Gerson clinic in Mexico, my husband and I celebrated our 50th wedding anniversary, where we were toasted by both family and friends with 'the nectar of the Gods': organic carrot and apple juice! We have since celebrated two more wedding anniversaries. I am so thankful to the Gerson clinic for the opportunity to learn and practice the Gerson Therapy. I have my life back and look forward to see a few of my great-grandchildren come into this world. By sharing my story, I hope to give them and many other people the encouragement to make healthy eating choices. ■

Breast Thermography *By Kristina Wylie*

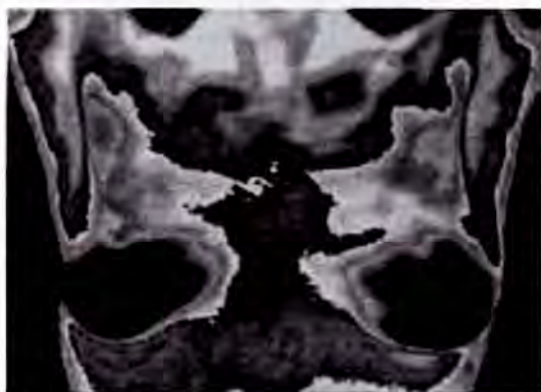
“We like to tell patients that although statistics claim one in eight women will be diagnosed with breast cancer in their lifetime, that also means seven out of eight won’t.” Dr. Chapman, DC, whose experience with breast thermography began in 1978, believes that what is most important is the patient’s understanding of their body and health. “We want our patients to be active consumers, so they can understand how to take care of their own health.”

Based on physiology, or heat differentiation, the thermographic evaluation is a non-invasive technique for early detection of breast cancer and other breast disease that requires no radiation, no intravenous access and no pain to the body. Using infrared cameras and computers, experienced technicians capture “heat pictures” that show the varying temperatures in the breast area.¹ Breast thermography is both a tool for early detection and treatment recovery, for the patient can literally see the increase or decrease of cancerous activity with each infrared breast imaging. An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history of the disease.²

Both Dr. and Mrs. Chapman’s passion for breast thermography is a labor of love, for both have lost loved ones to breast cancer. They believe in the role of the doctor as teacher, and not only explain every aspect of the thermogram to their patients, but also teach them to be an active participant in the patient’s health. Together, they have co-taught at seven universities and have given over 200 lectures on the subject.

The association of varying body temperature and disease is first recorded on the Edwin Smith papyrus dated 1700 BC. Hippocrates deduced that “should one part of the body be colder or hotter

than the other, disease is present in that part,” in conjunction with the early Greek belief that changes in temperature was a reflection of an imbalance of the four basic elements (fire, water, earth and air) and therefore symbolic of disease.³ Since the 1950’s, breast thermog-



raphy has undergone extensive research, with over 800 peer-reviewed studies and well over 300,000 women used as study participants. The FDA approved breast thermography as an “adjunctive diagnostic breast cancer screening procedure” in 1982.⁴ Breast thermography is a physiological assessment of the body. **Using heat differentials, the thermogram can detect cancer up to 3-5 years before a tumor is detected by a mammogram.**

Opponents of breast imaging claim that thermography offers many “false positives,” (as does mammography) or concerns of cancer when there is no other proof. Dr. Chapman explains that because thermography is so technologically advanced, no other medical device — be it mammograms, ultrasounds, or MRI’s — can offer confirmation of the results found by thermography. In breast thermography, the thermal response is directly proportional to the biological significance of the underlying cancer or tumor.

The entire examination takes about 40 minutes, although the Chapmans schedule patients for the entire hour so there is extra

time for instruction and questions. The patient enters a temperature controlled room set to 68°F and sits on a small stool while the first image series is taken from a machine four feet away. Then the patient’s hands are submerged in cold water for one minute, which immediately significantly decreases circulation to the breast. Another series of images from varying angles is taken. If there are still “hot spots” shown in the second photograph, then Dr. Chapman will read the results to decide how much the patient should be concerned.

After the photograph is taken, Dr. Chapman reads and allocates a numerical score to the results. A score of 0-20 shows symmetrical thermal patterns when comparing the breasts and a minimal risk of disease, while most benign disease is scored between 30-74. As the score increases, so does the risk. If a patient has a score TH-3 (score of 75-119) or higher, they are at a high risk of either having or developing breast cancer over the next 5 years.

TH-1	Score of 0-29
TH-2	Score of 30-74
TH-3	Score of 75-119
TH-4	Score of 120-149
TH-5	Score of >150

Breast thermography is able to detect the first signs of forming cancer 3-5 years before any other medical procedure. Mammograms are typically unable to detect cancer until a tumor has formed at least 1 cm in size, where thermography detects cancer cells much earlier because of altered heat associated with the physiological response caused by a developing cancer. Also mammograms are limited to the breasts, while thermograms examine the entire breast, sternum, axillary and clavicular region. Yet Dr. Chapman does not advocate that thermograms should replace mammo-

grams, rather that they should complement each other: "Thermography is a physiological test, Mammography is an anatomical test, and we also teach women to do clinical self exams, therefore they get a 3-D evaluation of their breasts."

According to Dr. Chapman, the inventor of the Mammogram admitted that the procedure was only 50% accurate, where the thermographic evaluation is 86% accurate. Yet combined, the two procedures are 95% accurate. Dr. Chapman recommends both a baseline mammogram followed by a baseline thermogram, and after reading the results from both deciding how often to repeat both procedures. Extensive clinical trials reveal that breast thermography significantly augments a patient's long-term survival rate by as much as 61%.¹

As a chiropractor in California, Dr. Chapman cannot treat cancer patients. He can, however, refer them to the Gerson Institute, and encourages the use of breast thermography to visually monitor their healing. He has worked with many Gerson patients and at one point gave a thermographic evaluation two weeks after the beginning of treatment. The Gerson patient was often distressed and worried as their "heat picture" came back worse than before the Therapy. Yet Dr. Chapman exclaims that this proves the Gerson Therapy is working: "Not only are the cancerous areas worse, all areas are worsened. The body is reacting to a change in diet, to a release of toxins. If only the cancerous areas were hotter, then that would be cause for worry. Otherwise, the body chemistry is changing, and the body is getting hotter as its defenses are reactivated. That is a sign of healing." The Gerson description for this phenomenon is "healing reaction" or "healing fire." A thermographic evaluation captures a visual image of our healing fire.

Statistics indicate 15% of breast cancer occurs between the ages of 20 and 44.² Breast thermography

allows people to take action before tumor growth or a cancer diagnosis. With mammograms or other screening procedures, by the time the tumor is discovered it may have been there for 3-5 years. Thermography and Mammography were designed to detect cancer; the prevention is up to the patient. Since 35-60% of cancers are caused by diet and 30% to tobacco³, these factors are within our control to change, especially when confronted with an abnormal thermogram. Dr. Chapman claims that having patients actually see their own breasts with pre-cancerous activity is often "a kick in the pants" to change both their diet and lifestyle: "If I see a thermogram with a score of 50, which is cause for concern, I can recommend the Gerson Therapy and then the patient and I can watch as the score drops to 40, and then 30, and visually see the cancer risk reduce."⁴

Dr. Chapman and his wife, Barbara, will be lecturing on Breast Thermography and early detection on Wednesday, April 17th from 6-9 PM at the Gerson Institute. Please call the Institute to register for this wonderful opportunity to learn more about thermographic evaluations. For a list of places that do breast thermography, visit www.cancure.org/breast_thermography.htm.

¹ Pro-Active Health Imaging. "A Closer look at Breast Thermography."

² Amalu, W.C., DC. "A Review of Breast Thermography." www.iact.org/thermography_physicians_review_mf.htm

³ Chapman, G., DC, "Historical Overview of Clinical Thermology." Chiropractic Products. April 1991, pp. 70-71.

⁴ Op. cit. Amalu, W.C., DC.

⁵ Ibid.

⁶ Op. cit. Pro-Active Health Imaging

⁷ Physicians Committee for Responsible Medicine. "Section Two: Cancer Prevention." Nutrition Education Curriculum. www.pcrm.org/issues/Nutrition_Curriculum/?nutr_curr_7.html

DID YOU KNOW?

Facts From Our Research Files

"The average person today eats twice as much meat compared to the average person 50 years ago." (Marcus, Erik. "Vegan: the New Ethics of Eating." pg 167, McBooks Press, Ithica, New York: 2000)

"In 1999, the fee for grazing a steer on government land for a month was \$1.35. Think about that: \$1.35 to fatten an 800-pound steer for an entire month - that's less than what it costs to feed a house cat!" ("Vegan: the New Ethics of Eating." pg 175)

According to Professor T. Colin Campbell, "It appears that once the body has all the protein it needs - which is 8-10% of the entire diet - then the excess protein begins to feed precancerous lesions and tumors. The average American diet contains more than twice the amount of protein than is needed, and much of it comes from meat, eggs, or dairy products" ("Vegan: the New Ethics of Eating." pg 38)

"It takes about 140 gallons of oil equivalent to raise just one acre of corn." ("Vegan: the New Ethics of Eating." pg 161)

"...38% of the world's grain goes to feed livestock..." ("Vegan: the New Ethics of Eating." pg 165)

A study conducted by the California Department of Pesticide Regulation reports that the number of persons poisoned by drifting pesticides increased 20% during 2000. (Organic Trade Association - Environmental Facts, www.ota.com)

Heart To Heart

NEWS AND UPDATES FROM CLIENT SERVICES



Greetings to all as we enter this new year, a time for rebalancing, renewal, restoration and remembering — remembering in the sense of being able to reconnect with ourselves to create the health and harmony we were born with. Many masters feel that we have always been blessed with a perfect sense of *knowing* what is best for ourselves and then over decades and decades, we simply forgot.

There are those in the world who may wish to keep people in the *forgetting* mode rather than the remembering, as shown by the alleged 'expose' on ABC's Primetime. The show took great liberties proclaiming the quackery of alternative therapies yet *forgot* to interview and research all the wonderful work of physicians and healers like Dr. Max Gerson. They also neglected to interview the thousands of people completely cured of cancer and other deadly degenerative diseases (MS, Severe Chronic Hepatitis, Crippling Rheumatoid Arthritis, Lupus Erythematosus to name a few) by pure alternative therapies.

Who's running scared now? I do not think it is us, who are in the work of remembering and recovering true health and healing. I think it is *they*, whose wallets and portfolios are becoming increasingly threatened by the innate intelli-

gence and common sense of the public at large. How long will people subject themselves to debilitating and deadly treatments without asking: *Why? For whose good is this? Would my doctor take their own prescription?*

I have no fear about doing the

classic quackery. Primetime needs more than a coffee enema or the Gerson Therapy to help heal; perhaps they need to examine their ethics and spirituality in business because they have lost their way. I invite



Another sold-out workshop at the Gerson Institute.

Gerson Therapy. We have not and will never claim to cure everything or everybody, but we remember that the earth is what nourishes and nurtures us. Yes, we *are* what we eat and drink. We say 'NO' to decades of brainwashing and 'YES' to organic, rotated, composted crops that produce the high quality nutrients that both heal and nourish us in the way nature intended. So ABC can take their reports and cry quackery. In my opinion, by the standards of any well-researched or well-balanced journalism, their alternative therapies segment was an abomination and

them to remember.

Here at the Institute, we have been working hard to continue enhancing our educational offerings and the public response has been overwhelmingly positive. Interest came from people we have never met before as well as some old friends and colleagues. If we all have the highest good of the patients at heart, then we can and will create better opportunities for learning, sharing and managing Gerson patients in the future.

UPCOMING CLASSES & WORKSHOPS

At the Gerson Institute • Call 619-685-5359 for more information.

Our first all day training, *How To Do the Gerson Therapy: One Day Intensive*, on January 26th, was given by Carol Beard, Shirley Tice and myself. Our participants gave very good reviews on their evaluations, so we will look forward to our next presentation of that class on April 6th. The fabulous Gerson lunch complements of "Chez Vicky" (our own Vicky Craig) and her dedicated volunteer Tim was the joyful highlight of the day: Hypocrites soup, baked potato with ratatouille, salad, carrot juice and fruit—all delicious with rave reviews. Thanks to Blanca too, for volunteering her time. And many thanks and warmest appreciation to Ocean Beach Organic Foods Market and the Tierra Miguel Foundation Farm & CSA for your organic food donations!

We could not have done this without our new home and full service kitchen. Thank you to all who donated to our relocation fund, this is your success too! All we need now is to replace the dishwasher so we can stay environmentally "green" with our dishes and utensils. Please help us fund this if you can.

I also want to acknowledge a generous donation from one of our members in response to the "Mind/Body/Spirit" theme of our last newsletter. Many met this issue with great interest and support. As we walk the path of health and healing together, let us continue to do the work that is being called for. Our time is now and heal we will, one step, one day at a time, for we are strong in mind, body and spirit. ■

In Health & Healing,
Sharon Murnane, RN, BA, HNC,
CHTP: Director of Gerson Therapy
Programs

Tuesday, March 12th, 6pm - 9pm

Health Maintenance Using Detoxification with the Gerson Therapy

A three-hour workshop for those who want to maintain good health and prevent the onset of disease. Focusing on nutrition and detoxification. An excellent introductory seminar!

Saturday, April 6th, 9am - 5pm

How to do the Gerson Therapy: One Day Intensive

A one-day class outlining the principles behind the Gerson Therapy and its practical application.

Wednesday, April 17th, 6pm - 9pm

Breast Thermography - Early Detection

Learn about the non-invasive, early detection evaluation system to detect

breast cancer up to 3-5 years before any other procedure. Dr. George Chapman, D.C., will review different types of breast imaging in this three hour class.

Saturday, May 4th, 9am - 12 noon

Creative Cooking with the Gerson Therapy

Join recovered Gerson patient Marilyn Bloom as she demonstrates how to make the Gerson Therapy easier in the kitchen.

Saturday, June 15th 9am - 12 noon

Apples, Carrots and Kids: A Gerson Look at Holistic Parenting

Our Holistic Nurse and mother of two, Denise Young, will discuss the importance of nutrition and the dangers of toxins in the house, school and food.

Happy Birthday!



The staff and Board of Directors of the Gerson Institute would like to take this opportunity to congratulate Charlotte Gerson, our founder on the occasion of her 80th birthday on March 27th.

We are grateful for your ongoing support and thank you for your endless devotion to the Gerson Therapy.

Happy Birthday from us all!