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Reunited! The Gerson Institute and Drs. Melendez and Bravo will be working together again.

By Andrew Printer

On May 1, 2002 the Gerson Institute will initiate a license agreement with a clinic owned and operated by Dr. Alicia Melendez and Dr. Luz Maria Bravo. The *Baja Nutri Care* facility located in the Playas area of Tijuana, Mexico will offer Gerson Therapy care from the two physicians recognized as the most knowledgeable and devoted Gerson practitioners in the world.

For many of our members, supporters and recovering patients this will be welcome news that is long overdue. We at the Gerson Institute recognize that many of you were confused by our sudden departure from Hospital Meridien in 1999. Two and half years later we can reveal that the termination of our license agreement had nothing to do with our relationship with Dr. Melendez and Dr. Bravo and everything to do with an investigation of fraud on the part of Meridien's management. The matter finally became public in 2001 when Meridien's president was convicted of 24 counts of mail fraud. While we regret not finding a solution with the doctors sooner, we are delighted to be working with them again.

As we put this May/June newsletter together there are only a few concrete details to share. What we can say, however, is that the Gerson Institute will continue to provide intake and follow up services as we have done for years



The Gerson Institute has reunited with the two most knowledgeable Gerson Therapy physicians: Dr. Melendez (left) and Dr. Bravo invite the Gerson Institute to join forces once again.

in the past. It is clear to us that the Institute and these two respected doctors have similar views as far as patient care and long term follow up are concerned. Together, we will strive to create a pleasant healing environment where the most experienced Gerson physicians and their loyal staff will provide effective care and support.

We have attached a few photographs of the doctors' new clinic before renovations begin. As you will see it is an attractive space complete with 10 patient rooms, swimming pool, conference room, recreational areas and courtyard. By the time May arrives their facility will be ready for business and open to former and future Gerson patients alike. The cost of a week's stay will be \$4900 but discounts will be available for patients who were previously treated at any other formerly licensed hospital

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GERSON HEALING NEWSLETTER

Vol. 17, No. 3, May/June, 2002

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MISSION STATEMENT

The Gerson Institute is a nonprofit organization dedicated to the healing and prevention of chronic and degenerative illnesses 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 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



PART 1 OF A 2 PART SERIES

A Report on Nutrition Studies

Over the 50 years since Dr. Gerson practiced nutritional healing with his Therapy, numerous studies have been made of various aspects of nutrition, therefore 'scientifically' proving many ideas and practices used by Dr. Gerson. Yet during his years of practice, such research was not available to prove his ideas and he could only judge by "the results at the sickbed," as he expressed it. However, *nothing* he said has ever been disproved.

In the lectures described below, given by Professor Dr. T. Colin Campbell, a large area of the Gerson Therapy has been subjected to lengthy and thorough 'scientific' study and found correct: in order to prevent disease and especially to heal, one must restrict, even for some time totally cut out, all sources of animal proteins. With the decades-long stress on the supposed benefits and requirement of proteins, it is very difficult to convince the public of this fact. Dr. Campbell reinforces the absolute need for such restriction.

Dr. T. Colin Campbell

*Professor of Nutrition and Health:
Cornell University;
Director of China/Oxford Cornell
Health Project*

(Report on two lectures by Dr. Campbell, taped at the Health and Healing Crusade in Lodi, California, June 22, 2001.)

Dr. T. Colin Campbell is a member of the medical establishment. However, in his 40 plus years of nutritional research, his interpre-

tation of the orthodox teachings is now different than what it was at the beginning based on the evidence he has since uncovered. He has assembled an impressive volume of research facts for the basis of his scientific conclusions.

His one major conclusion: **Vegetarian is best.**

Dr. Campbell was raised on a dairy farm. Naturally, his family consumed a lot of animal protein. When he studied at Cornell graduate school, it was stressed that in studies researchers should be specific, give details, and show what each nutrient does. Study Vitamin C, for example, see what it alone does and what do other single nutrients do and/or what specific foods should be recommended. There was also an emphasis on protein intake. In the late 50's and early 60's, new protein substances, powders, were sent to poor countries. The people were also encouraged to raise more cows and drink more milk.

Dr. Campbell and his team were sent to study nutrition in the Philippines. The idea was to develop a way of self-help for the starving children, since it was assumed that they needed protein. Then some surprising facts came up: the advisors were told that kids who consumed the most proteins got the most liver cancer. Other studies, some done by two physicians in India, also showed that 30 experimental rats fed a 20% protein diet all developed liver cancer. Those that were fed a 5% protein diet did not develop cancer. It seemed unbelievable. Further,

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FROM THE EXECUTIVE DIRECTOR



Dear Members,

There is so much to report this month that I hardly know where to begin. I will let our cover story speak for itself in terms of the most important item on our agenda these days. Needless to say we are all pleased to be reunited with Dr Bravo and Dr Melendez. On behalf of everyone at the Gerson Institute I would like to congratulate both doctors on their dream come true. We wish them well and look forward to working with them for many years to come.

In this column, however, I would like to share two other equally important pieces of news.

After several years of waiting the Gerson Institute has finally been awarded full ownership of the registration for the 'Gerson' trademark and the 'Gerson Therapy' service mark. The Gerson Institute submitted an application for ownership of these Marks in 1995 when it was clear the Gerson Therapy was becoming more popular, and increasingly altered. Charlotte and others involved in the organization believed the Institute had a responsibility to ensure the integrity of the Gerson name in terms of its association with the healing protocol developed by Max Gerson.

Now that the Institute owns these marks we have a responsibility to protect them in two specific areas of activity: the creation of merchandise and the provision of services. Therefore, anyone wishing to write a book, create a video or even produce a T-shirt using the Gerson or Gerson Therapy Marks must now seek permission from us in advance. Similarly, anyone wishing to pro-

vide a Gerson Therapy related service in the form of a clinic, consultation or training, cannot use the Gerson or Gerson Therapy name in the promotion, description and design of their endeavor without obtaining a license agreement from us beforehand.

While our pursuit of the ® symbol began as a form of legal protection it has become a matter of quality control for those of us working at the Institute today. In the course of the past several years we have witnessed an increase in the number of people pursuing and providing the Gerson Therapy. We are aware of the various Gerson clinics that vie for business at conventions and we have learned about a number of other good-hearted

and less genuine individuals using the Gerson name in order to make a living. Our conclusion has been that as we advance the work of Max Gerson we

have a responsibility to provide people with an easier method of finding, evaluating and believing in the Gerson Therapy. Prospective patients, people putting all their faith in this course of action are done a disservice when multiple Gerson providers are at odds with each other and, in some instances, providing contradictory advice. Now, thanks to our ownership of these registrations the **Gerson Institute Approved Referral Program** can provide those in

need with a list of providers endorsed by us who have full permission to use the Gerson/Gerson Therapy Marks in the promotion of their business. Those who promote their service or product without permission will not only be infringing upon our rights but chances are they will also be offering questionable care.

Furthermore, now that we have joined forces with Dr. Melendez and Dr. Bravo, the Gerson Institute is creating a panel of Gerson experts that will meet periodically to discuss and debate the shape and direction of the Gerson Therapy in order to reach a common opinion, for the sake of those who turn to us for help in the years to come. This panel has already met once to clarify our position on chemotherapy, dental issues and juicers and it will meet again toward the end of the year to embrace other Gerson Therapy ideas that have generated differing opinions within the Gerson world. We will be sure to share the results with you as they are reached.

Finally, and along these same lines I would like to take this opportunity to announce the comeback of our practitioner training program, now newly named the **Gerson Therapy Training Program for Licensed Professionals**. This four-part program has been under review for the past year and we are extremely pleased with the results.

Our first newly designed Module 1 training is scheduled to take place in San Diego from October 5-12, 2002 and I am

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The Diet That Saved My Life

Article from the Independent on Sunday 6th March 1997 and Update from Ross written autumn 2001

When Ross Mansergh was told his days were numbered he embarked on an alternative form of cancer treatment – munching his way through 75 lbs. of carrots each week! Jane Macdonald reports...

In the summer of 1988 Ross Mansergh's life was turned upside down when he discovered that a small freckle on his shin had become cancerous. In actual fact it had been there for years, and although it had changed from dark brown to very black and slightly raised, he never gave it a second thought until he watched a TV program on cancer awareness.

"I was shocked into action and was called for urgent surgery. The wounds were horrendous and took a long time to heal," he recalls. "But they said the excision would be sufficient to have arrested it and I went back to my normal life. Three months later I thought I was fully recovered, except for the scars."

But in 1992 he suffered a recurrence, which this time manifested itself as a bean-sized node in his groin. "I was called back into the hospital with one of the fastest and most deadly cancers." It proved a grim and anxious time for Ross and his family. His head was spinning with what-ifs and whys. Ultimately he knew he was dying.

"The surgeon was extremely anxious to operate but I managed to delay this for a week while some basic research was done," he says.

During this period Ross read Beata Bishop's book, *A Time To Heal*. It recounted her own near-death experience, which appeared to mirror his own circumstance.

"This is where I came across the Gerson Therapy which I believe saved my life. If I hadn't undergone the treatment then I wouldn't be here now," says Ross.

The Gerson Therapy means in simple terms, changing a patient's eating habits so they live on organi-



Ross Mansergh with Dr. Bravo in 1992

cally-based nutrition. All junk foods, fats and meats have to be cut out. The same goes for pills and potions.

It's a grueling diet which has seen Ross surviving on more the 75 lbs of organic carrots, 60 organic apples, 6 red cabbages, a box of swiss chard and 25 lbs of organic leeks every week. On top of that there's also a course of non-synthetically prepared medication and injections of vitamin B-12. The bulk of the food is compressed in a juicing machine so that live enzymes which help build up the body's immune system are not lost.

"It's a way of restoring the body's immune system to prevent the recurrence of the cancer," he says. Five years on it seems to have done the trick.

"After much deliberation I opted for the surgery to have the lump removed. But the wound was horrendous again and I wondered how long things could go on." But, instead of following up the surgery with a course of radiotherapy or chemotherapy, Ross flew out the Gerson Hospital in Mexico to begin the alternative treatment.

"After two years sticking intensively to the Gerson treatment I was back to my normal weight and

was fit and ready to look at life again. I've learned a lot about myself and realize how important it is to maintain this nutritional program. It's amazing how the body quickly reacts to intense and correct nutrition."

Ross spent three weeks at the Gerson hospital in Mexico and then, with the help of his wife, returned to his home on the outskirts of Preston, England to carry on the treatment which he admits can be hard work and costs around 200 pounds a week.

"It sounds expensive but I believe the cost is relative. If you think of the money we've saved by not going out for meals and staying at home all the time while my body recovers then it works out okay. The main point is, if it saves your life then it's worth it. As far as the orthodox medical treatment is concerned I am still technically in remission but I believe this is directly due to the Gerson Therapy."

Quite simply – for Ross the way of dealing with cancer is not to poison the body further but to restore the body to health by feeding it the right nutrients so the immune system can fight back.

"I now believe the development of a malignancy is a chronic process, not an acute one and is the result of a long time bankrupt immune system," he adds. "The way I see it is, if you have a pond full of healthy fish and there's one bad fish, you wouldn't poison the entire pond, would you? So why do you do that when cancer strikes?"

Ross' Update...

This article was written in March 1997 and I would like to now give you an update in September 2001. My views and support for the Gerson Therapy have not changed and I feel sometimes dismayed at the continuing reluctance and dismissive attitude of the orthodox medical people, who, from what I

Continued at right

proud to announce a roster of speakers that should provide for the most comprehensive and valuable Gerson training event yet. Speakers will include Charlotte Gerson; Dr. Alicia Melendez; Dr. Luz Maria Bravo; Gar Hildenbrand; Christeene Hildenbrand; Janet Robinson, RN; Dorothy Crowther, RGN and our own Sharon Murnane, RN. In our opinion, this is a 'Who's Who' of Gerson Therapy experts and we are looking forward to October with great anticipation.

Please note that applications are now available but we also have a sizable list of pre-registrations so if you or a licensed professional you know are interested in applying please contact us soon. That is all for now. We will be back in July with an issue focusing on recovered and recovering patient testimonials.

Yours in good health,
Andrew Printer
Executive Director

have observed over the years really just don't want to know. In the extreme it is the complete denial or hostility toward the Gerson Therapy in such terms as "it's scientifically unproven" or "the results are anecdotal" and "there is no proper research into this kind of treatment." Well, as far as I'm concerned, "no one is more blind than those who do not want to see!" The truth is, the therapy IS scientifically proven AND documented research is available, as those of us who are enlightened will know.

A Belgian friend of mine once stated in reference to the Therapy, "Ross, it's like being a member of a free, exclusive club," in that lovely, accented tone!

I finish by congratulating the Gerson Support Group for their devotion and constructive process. We know how good it is. Ignorance is not bliss, it is folly. ■

Reunited *continued from page 1*

(including Oasis, Sedona, Meridien and CHIPSA).

By the time you receive this newsletter our staff should have more information to share with you so please contact us if you would like to learn more.

On a final note we would like to take this opportunity to thank everyone at Oasis of Hope Hospital for the support they have provided during the course of the past few years. When we were forced to move on from Meridien the Contreras family welcomed us in and the stability they have provided has certainly contributed to the strides we have been taking at the Gerson Institute in San Diego. As we part ways we wish the entire Oasis family good health and prosperity long into the future. ■



Images of the new Gerson Institute licensed treatment center before renovations begin.



Client Services Programs at the Gerson Institute

By Kristina Wylie

The heart of the Gerson Institute is its Client Services Department, where Sharon, Blanca, Nan, Vicky and Denise work hard to provide ongoing support and guidance to Gerson patients, whether they went to a licensed treatment center or are following the Therapy at home. It is been a long standing myth that the primary job of the Gerson Institute, especially the Client Services Department, is to facilitate patient admission into a Gerson Institute licensed treatment center. While that is certainly one aspect of their job, it is hardly the sole purpose. Client Services has been developing programs to support and manage several hundred patients internationally.

Collectively the Client Service Department receives incoming calls from individuals world wide (toll-free within the US) interested in the Therapy. They explain the principles of the Therapy, the programs offered by the Gerson Institute, answer patient questions, send informational literature, offer patient support, serve as a liaison between the treatment center and patients, begin the intake process and generate orders and memberships. They also work closely with the staff of the treatment center, addressing patient needs and ensuring that the Gerson Therapy is followed properly.

Both Nan and Blanca help initiate intake into and then continue to manage patients after they have left the treatment center. Patients receive an initial call within 48-72 hours after their departure from Mexico inquiring about their stay, their health upon leaving, and if they had any immediate questions or concerns. This helps facilitate the transition from treatment center to home.

Nan then continues all phone follow up calls monitoring patients at two months, four months, nine months, and fourteen months to

offer support, guidance and assistance with doctor consultations and medications. Nan spends on average 85% of her day on the phone. She also arranges travel plans for patients coming to the treatment facility and coordinates volunteer help for Client Services. She has also been contacting all patients from 1999 to the present in order to compile survival statistics. Since not all patients go to the treatment center, Nan also manages Home Therapy Patients, and they receive calls on a quarterly basis from her (and often call in with questions or needing guidance.) However, any medical questions must be referred to their primary Doctor.

Home Therapy Patients receive a comprehensive **At Home Packet** that contains the application for the *Follow Up Program*. This program was designed to give support to all patients as well as to monitor their progress. Also, the packet contains information about the *Gerson Therapy Patient Support Group Program* that connects Gerson patients with one another. **This packet, created and managed by client service representatives, also contains the following pieces of information:**

- Support Group Referral List
- Food Reference Guide for the Gerson Therapy
- Juicer, two step machine information
- Gerson Therapy Products Resources List
- Two order forms for Gerson Therapy Supplements
- Special Medications Instructions
- Gruel (Liquid Oatmeal) recipe
- Gerson Therapy Pain Management

Items on our resource and referral list have been created by Client Services and are managed by Blanca, who regularly updates these lists, which are meticulously reviewed bi-annually for accuracy, as well as our *Gerson Healing Newsletter* index and our

Networker List. Blanca handles much of the patient data management, and follows up with patients through letters and questionnaires in order to monitor recovery. Such questionnaires, which inquire about current health, use of the Therapy, the ability to eat, supplement use, and care of doctors or family allow Client Services to keep a record of patient recovery and understand how the Therapy is being followed at home. Blanca has sent follow-up surveys to every patient in our database since 1940 and has transformed our Networker List from a handful of people to between 150-200 recovered patients of various diagnoses. Thus when people interested in doing the Therapy call, Client Services connect them with a member of our Networker List of patients recovered from the same diagnosis who can offer a powerful and hopeful testimonial to the Gerson Therapy. Blanca also handles patient data management, and has been compiling all files from past patients so that when we receive grant money for research, all data will be organized and accessible.

Since our successful move to the new location in downtown San Diego, our education program has flourished, calling for the creation of a new position: Education Coordinator. Vicky Craig, a member of the Client Services team who works closely with Sharon and has been teaching, cooking, and helping pull together all elements necessary in establishing an education program has accepted the position. She will now create and oversee an ongoing schedule of Gerson-related workshops, classes and seminars, recruit new speakers, serve as a liaison to students graduating from workshops and classes, and also oversee the *Gerson Institute Approved Referral Program*. Look for our August-December schedule of classes to

be announced in the next issue!
The remaining classes in our Education and Outreach Program are:

Creative Cooking with the Gerson Therapy • Saturday, May 4th, with Gerson Kitchen Expert, Marilyn Bloom

Apples, Carrots & Kids: A Gerson Look at Holistic Parenting • Saturday, June 15th with Denise Young, RN, BSN

Caregiver Training Weekend • Friday July 19th – Sunday, July 21st

Even though the Gerson Institute is not a medical facility, we have two Registered Nurses on staff – Denise and Sharon – who are able to determine if a potential patient is eligible for the Therapy and entrance into a licensed treatment center. Denise works part time supporting Client Services and also assessing the physical status of patients. She answers questions and assists in patient emergencies, like healing reactions. As a mother of two, Denise also has a huge interest in children's health and is creating and presenting our June class: *Apples, Carrots & Kids: A Gerson Look at Holistic Parenting*.

Since Client Services is the patient connection, they identify patient needs and respond to them. The Pain Protocol and the Mind/Body statement both rose out of patient needs and were created by the Director of Gerson Therapy Programs, Sharon Murnane. Sharon oversees the Client Services Department and programs, as well as lecturing at our onsite classes, national events and at the licensed treatment center.

The Client Services Department is dedicated to the education and ethical guidance of Gerson Patients through these services and programs provided free of charge. The present and future success of the Gerson Institute stems from the hard working Client Services Department, and to support our mission is to support their unflinching dedication to the health of Gerson patients worldwide. ■

liver tumors grew faster in those animals that received a 20% protein diet. When switched to a 5% protein diet, the tumors in the sick animals shrank. It became very clear: appropriate nutrients control growth. **Less protein = less cancer.**

Dr. Campbell investigated the development of cancer cells. At first, to develop cancer, the cell needs transformation. But that doesn't cause cancer. It's how we nourish those cells, he states, is what counts. The right nutrients control the cancer.

In the studies he quotes, the proteins used were mainly casein, which is the protein in milk. Milk casein is 87% protein. Dr. Campbell insists that *casein is the most relevant and significant carcinogen known!* Aside from that, other animal proteins in general cause cancer to grow while tested plant proteins did not cause tumor growth.

The problem goes further: Dr. Campbell's studies also indicate that animal proteins will elevate blood cholesterol, even when they are defatted! Rabbits, fed proteins, developed arteriosclerotic lesions. Protein also raises the risk of diabetes in children, even skim milk increased prostate cancer in all studies. The effect was consistent, and included also breast cancer.

Another basic statement Dr. Campbell made: "Animal based foods have no nutrient that is not better in plant based foods. Avoid animal foods, including fats, skim milk, low fat cheese." All studies clearly showed that when animal fat (and animal proteins) consumption increased, heart disease also increased. In certain areas of China where no milk is con-

sumed by adults, heart disease and breast cancer are *unknown*.

Dr. Campbell also stresses that nutrition is not an individual nutrient, nor the sum of certain nutrients. That idea, he feels, causes people to take pills. He quotes one study that was made with Beta Carotene. It came to the attention of several researchers that carrot juice was supposed to be beneficial for health by strengthening the immune system. Since it is required that a 'scientific study' be done in a double blind manner, a study was designed with beta carotene in capsules. It was not possible to use carrot juice, since the subjects would have known whether or not they were getting carrots or carrot juice. So they were given capsules, some containing beta carotene, the others placebos. To the researchers' great astonishment, they found after a period of some 8-10 years those people who had received the beta carotene capsules had an increased rate of lung cancer over those who received the placebo! The problem, Dr. Campbell explains, is that the substances in pill and/or pharmaceutical form do not work! Did they even do harm? That question was not explored. Only the right live vegetarian food is effective. The evidence, he states, is overwhelming. ■

Look for part 2, The China Study, in the next issue under Charlotte's Corner which will describe the monumental study where Dr. Campbell studies the diet and disease rates of some 80 million people.

Heart To Heart

SPRING GREETINGS FROM CLIENT SERVICES

Happiness is when what you think, what you say and what you do are in harmony

(Gandhi). This simple yet profound statement resonates with me since this state of happiness is something we here at the Institute are really striving for. Not only for all those who have been involved with and have been doing the Gerson Therapy for decades, including those in our immediate sphere of guidance, but also for those we will work with and help to heal and teach in the future. All that being said, I will proceed to share the news of the past, present and near future with quite a bit of excitement and joy. Not many people can say that these days, so I think our hearts and hard working hands have been in the right place. Our intent to help patients and practitioners has been in the forefront of many decisions in the last couple of years.

First I would like to talk about our three day Caregiver Training Program held on February 22-24th. We had a fascinating and wonderful group of 17 people who were all here to learn, share and grow together. Each and every hour was full of good Gerson information and highlighted by fabulous Gerson food for breakfast and lunch from Marilyn Bloom, who kindly shared her time and knowledge. Everyone was so very enthusiastic about the learning and the eating that they wanted more of both! Such appetites indeed! The thirst for knowledge and the beauty of the art form of healthy, inter-

esting food preparation brought great reviews:

Very Excellent!

The Seminar as presented reflects a tremendous amount of work in preparation, and was very valuable to everyone in attendance.

Congratulations and Thank You! It was a real bargain.



Gerson Kitchen Expert Marilyn Bloom and our volunteer Tim make "Gerson" banana ice cream with the Norwalk

Students juiced on the Norwalk; learned how to properly give injections; saw the picture-perfect Gerson refrigerator, plus so much more. We had patients with companions, health care practitioners from numerous arenas, several naturopathic physicians and even an MD from Prague, in the Czech Republic! Now this is dedication. Carol Beard, Shirley Tice and I were able to teach, share and learn as the students and instructors exchanged valuable information. One never stops learning in the world of Gerson. On Sunday, Charlotte Gerson joined us with an inspiring talk.

Second in the world of change is a new position that has been created out of general appeal and abundance in the newly created

"Education department" (since we relocated here in July only nine months ago). The new position is "Education Coordinator" and I am so very happy and pleased to announce that our own Vicky Craig has accepted this position. We are



Students and Staff of the Caregiver Training Weekend

confident this will be a challenging and rewarding position for the multi-talented and dedicated person we already know Vicky to be. Congratulations Vicky!

Thirdly, as if this wasn't enough excitement, I will go back to my very first statement: **Happiness is when what you think, what you say and what you do are in harmony.** It is certainly a joyful moment for me to share the wonderful renewal of our working relationship with Drs. Melendez and Bravo in their new facility. This will be the long awaited wholly "Gerson" facility with the doctors who are unequivocally the Gerson physician experts. These two dedicated women are more than doctors, they truly are healers. Having been associated with the Institute for decades, they are now able to offer their expert Gerson knowledge and services to patients and future practitioners in their own

facility. Admittedly, I had a determination in my heart to have them teach at our upcoming revised Practitioner Training Program geared for professionals, so we are overjoyed to be able to have our patients have the opportunity to receive the very best in care and medical expertise - Gerson style - once again. I can say with absolute confidence that there is no better way to teach new physicians interested in the Gerson Therapy than with the life-long clinical experience of Dr. Bravo and Dr. Melendez.

As a special offer to all former patients who were ever admitted to La Gloria, CHIPSA, Sedona, Meridian or Oasis of Hope hospital, they will offer a discounted price of only \$3000 per week for these returning patients for the next six months as a "Grand Opening" special offer to be able to reconnect, re-strengthen or get acquainted. Naturally, there may be details to be more clearly defined such as length of time and numbers they can accommodate in any one given month, but this is a gift indeed.

Transitions never come without some challenges, but we have such trust and admiration for this team of physicians. The Board and the staff all believe we are truly meant to be working together. Any obstacles will be mere minor bumps on the road to the happiness and peace that we will find in a real healing environment.

Please remember that it will be most helpful for all referrals to be directed through our experts, Nan and Blanca, in the Client Services Department. We are all very excited and welcome these changes with open arms and open hearts!

A very warm "welcome home" to Dr. Melendez and Dr. Bravo along with best wishes for a long and healthy journey once again. ■

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

Cleansing Bucket Safe

There have been several inquiries regarding the "WARNING" on the label of the plastic Cleansing Enema Bucket Set. This warning states that: "This product contains a chemical known to the state of California to cause cancer." This is not a permanent affliction. This is a brief, simplistic description of what is hazardous and how to eliminate the problem for the most part. First all flexible plastic of any kind (such as Intravenous tubing and enema bucket tubing) have been coated with a substance called a "plasticizer." It is not in the enema bucket itself as this is a hard plastic object similar to hard plastic water bottles that do not give off toxic substances. To get rid of the plasticizer coating in the tubing you must thoroughly wash the bucket with hot soapy water several times and flush the tubing to minimize this coating. There will be very little to none of this substance left and you can use it safely enough.

We at the Institute have researched this and discussed it with Charlotte Gerson. We have concluded that doing the above procedure is all that is needed to make this a safe piece of equipment to use. We all use them ourselves as well. In addition, if someone is still not convinced, you may go on the internet (<<http://narang.com/index.html>>) and order a stainless steel bucket however it will come with a plastic tubing no doubt. It is impossible to escape every little carcinogen in the world, but rest assured the Gerson Therapy detoxification program will make short order of this very minimal hazard!

Quite frankly, we are not worried about this at all in the big picture, so "fill 'er up" and continue to do the therapy!

In health and healing.

Sharon Murnane, RN, BA, HNC, CHTP

Summer Apple Alert!

Because of the importance of apples in the Gerson Therapy, we annually reprint the following article from the Gerson Healing Newsletter, Vol. 9, No. 1:



The season is fast approaching when apples become hard to find.

While we recommend various green apples for juices, such as Pippins, Greenings, Granny Smiths, Macintosh, etc., it becomes almost impossible at this time of year to find organic ones. During late June and July, you will be lucky to find organic red delicious apples - so there is really no choice, you'll just have to use them. Soon, even these will become difficult to find, but you urgently NEED apples.

We have suggested in the past that you find a good supplier of organic apples. Buy and pay for some 10-12 cases, then ask your supplier to keep them for you in his refrigerated warehouse until you call for them. It is also wise to have a few boxes left over for late July and early August when the new crop comes in. These apples are often still somewhat green and unripe. If you have a few of the sweet red delicious apples left from the old crop, you can mix these two varieties and have juice that will not be too sour, nor upset your intestinal tract.