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A Rewarding New Gerson Program

By Kristina Wylie

“**H**aving a Gerson Therapy companion really helped to uplift me mentally and physically...it is definitely an invaluable asset and service!” Dana Diaz exclaims over the phone, feeling rejuvenated and hopeful after Gerson Therapy companion Shirley Tice spent four days with her. “It made a big difference in how we were doing the therapy here at home, and it’s been a such a turnaround!”

The Gerson Institute is continually looking for ways to make the therapy easier for patients. With the creation of the *Gerson Institute Approved Referral Program*, the Client Service Department is able to match Gerson-trained caregivers with patients in need of assis-

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(clockwise from top): Carol Beard showing a caregiver trainee cooking tips; Shirley Tice; Caregiver Training Weekend graduates.

The Joy of Being a Gerson Caregiver

By Shirley Tice

A new program developed by the Gerson Institute allows people interested in becoming a Gerson caregiver to attend our *Caregiver Training Weekend* workshop. After fulfilling the requirements, they will be placed on our *Gerson Institute Approved Referral List* and be connected with patients who request assistance in their home.

I have been extremely fortunate in being able to actually go into a Gerson patient’s home and assist them.

I was recently with a young 28-year-old lady, who was very ill with

Hodgkin’s Lymphoma. She had already received chemotherapy treatments and realized it was not helping her. After reading Dr. Gerson’s *A Cancer Therapy*, she bought a Norwalk juicer, all the supplements, and began the therapy at home with the help of her mother. By the end of 10 months, she became discouraged and went off the therapy. Yet she became very ill and called me to come help her, and also give her mother some much-needed time off.

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CHARLOTTE'S CORNER



GERSON HEALING NEWSLETTER

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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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The China Study

Charlotte continues her report on a lecture given by Dr. T. Colin Campbell, a professor of health and nutrition at Cornell University, taped at the Health and Healing Crusade in Lodi, California, June 22nd, 2001.

The China Study: In the second tape, Dr. Campbell again attacks the firmly implanted teaching that "the single most important nutrient is protein." It goes further, namely that the degree of civilization is equated with the consumption of animal proteins. Dr. Campbell challenges the notion of the importance of animal proteins. The primitive people live mostly on plant based diets. [They are also free of the diseases of 'civilization'. Ed.] It must be understood that a vegetarian diet amply supplies the protein needs of a human body. The China Study was enormously extensive and covered some 80 million people. The researchers studied diet in relation to disease, measuring the mortality from many different diseases, including cancer, heart disease and diabetes. They also studied the general dietary habits and lifestyles. In certain provinces, there was disease; in others there was none.

Where animal fats were included in the diet, breast cancer existed. Every single study (covering hundreds of thousands of subjects) proved this point. They also studied the possibility of a causative influence of genes. These hardly affected the outcomes, only perhaps to the extent of 2-3%. Diet made the difference.

It was, in Dr. Campbell's words, "a monumental study". They also compared cancer in rural areas of the U.S. vs. similar areas in China. In the US, chronic disease comprised up to 65%, vs. China's 14%. In China, the fiber intake is three times higher than in the US, with the consumption of cholesterol ten times higher in the US. The blood cholesterol levels in Chinese subjects averaged about 127 and

heart disease is virtually unknown in those areas. (In the USA, cholesterol levels are considered 'normal' up to 200.) There is also virtually no obesity, even though people consume up to 30% more calories. Obese vegans are rare. Again, Dr. Campbell stresses: Animal foods cause problems, and that also applies to lean animal food.

Dr. Campbell cites that the emphasis on animal proteins in the US pushes kids to develop early. Girls' menstruation now starts at an average age of 11 while in rural China it starts at an average age of 17. Early puberty, with its increased hormone levels, promotes breast cancer.

Anti-oxidants, the 'staff of plants,' are of extreme importance. There are none in animal products, and those in pharmaceutical form are not as effective. The finding was that the higher the anti-oxidants found in the blood, the lower the incidence of cancer and heart disease. Again, Dr. Campbell states: "Anti-oxidants only come from plants."

Dr. Campbell concludes with his assessment of various doctors who have used vegetarian treatments for heart disease and cancer. He quotes the work of McDougall, Gerson, and Esselson, along with the impressive Melanoma Study of long-term surviving Gerson patients - on the vegetarian Gerson Therapy. He even goes back to the literature of the ancients. They insisted that their top athletes live on a vegan diet (without milk or egg proteins).

Dr. Campbell returns to the possible problem of fats causing breast cancer. He refers to a study done in that respect, namely the famous (or infamous) "Nurses'

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FROM THE EXECUTIVE DIRECTOR



Dear Members,

In 1999 the Board of Directors held a retreat to discuss goals that the Gerson Institute should and could pursue within a two-year span of time. Although the Institute had been in existence since 1977 no concrete, collectively visualized strategic plan was in existence at this time and it was unclear whether one had ever been followed before, despite the great strides that had been made since our inception.

Needless to say our professionally led retreat was extremely lively as an array of ideas were proposed by a group that included Charlotte Gerson, board members and staff. Not surprisingly, the result was a list of 85 vital projects, all of which needed to be completed within one year, not two!

Clearly, we had a lot to do, but we had set ourselves an impossible task. So, upon consideration we re-evaluated our priorities and re-created a more realistic list that consisted of several areas of action. Two years later we have come to the end of our 2000-2002 strategic plan and I am pleased to say that we have realized a great many of our goals. Some of them have been documented in this newsletter while others have taken place quietly, behind the scenes. Here is a sample of just some of our recent accomplishments:

- Our entire administrative infrastructure was reorganized in order to become as effective as possible. Job descriptions were designed, procedures were defined and new positions were created including the one now held by Sharon Murnane, our inspirational Director of Gerson Therapy Programs.
- A broad range of Gerson Therapy

Programs has been designed with a variety of users in mind: we have created resources for people learning about the Gerson Therapy, services for people looking for referrals, packages for those doing the Gerson Therapy at home and a long-term structure of follow-up for patients who have recovered and are recovering with the Gerson Therapy.

- We relocated to an inviting new space in 2001 and launched a successful onsite Education Program that focuses on both prevention and treatment with the Gerson Therapy. We have finally become a community-oriented organization!
- We sought and were granted registrations for the 'Gerson' trademark and 'Gerson Therapy' service mark. Ownership now provides us with an important tool to ensure quality control through our endorsements and via the Gerson Institute Approved Referral List.

At face value these changes might appear modest but they have made a tremendous difference to the effectiveness of the Gerson Institute. Our approach to our own self-care has been holistic in nature and is perhaps an ironic metaphor for the Gerson protocol itself. While some of our organizational changes have been challenging we have stayed the course and are now benefiting from our perseverance. Customer Service is vastly improved, job satisfaction is high and our capacity for continued growth is clear. All of our goals have the Gerson Therapy and the Gerson patient in mind and we do not intend to stop here. This is what we have planned for the next two years:

- Onsite seminars and workshops will be packaged for replication at schools and corporations, by qualified Support Group Facilitators and in targeted international locations via our Speaker's Bureau.
- A local residential facility will be planned for 2003/2004.
- The Gerson Therapy Training Program for Licensed Professionals will be re-established and developed, beginning with a new week-long training in October 2002. An administrative structure is now in place to support it.
- The Gerson Institute's website will be re-evaluated and designed so that it compliments all of our programs.
- A Protocol Oversight Panel will be established to ensure that any alterations to the Gerson Therapy are deliberated and decided by a group of Gerson experts before being documented and shared with all our supporters.
- A range of new publications, videotapes, audiotapes and other promotional material will be designed to improve and compliment existing programs.

While this is just a sample of our new objectives they are symbolic of the positive energy influencing the Gerson Institute these days. We are committed to sharing Dr. Gerson's vision with the world and we are determined to make the Gerson Institute a more effective organization than ever before. On a personal note I am grateful for the patience of our many supporters who have encouraged us during this transition. A debt of gratitude is also

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You Will Not Die

Edited by Kristina Wylie

Excerpts from "You Will Not Die", a memoir of Miriam Halliday-Borkouski's experience with Dr. Gerson and the Gerson Therapy.
Printed with permission from Miriam Halliday-Borkouski

1953. I sat in my little white undershirt. I had just lain myself on the immaculate examining table, while Gerson palpitated my sternum area, marking the fibrous lumps with a graphite pencil. I was used to sitting naked, thumped and prodded by the fingers of medical men. Gerson had already palpated the tumors in my groins, my lower abdomen, underneath my arms, under my chin and at both sides of my neck bulging out in the hollow between the jawbone and the lobe of the ear. My two uncles and my mother sat behind me along the walls. My glands had been swollen for more than six months. Recently, I had been biopsied, diagnosed, and given a prognosis: Boeks Sarcoid.

I was dying. I was terminally ill, given up by allopathic medicine. My prognosis: six months to live. And now here was Max Gerson, Medical Doctor Extraordinaire, telling me and other patients that the earth and the body were a book to be read and not outwitted.

Gerson had a golden patina – I didn't know anything about auras then – his auras were probably golden. His hair was white, silky looking and healthy. He had blue eyes, and at 72 years old, he had no wrinkles or sagging skin. His face was nut brown, bright and joyous. Though he could be forceful and blunt if one did something that could impede the healing process, he was genuinely attentive, responsive and kind. He treated me, an eleven-year-old kid, as if I were as astute in all my aspirations and capacities as he was.

"**She will not die.**" he told my uncles and my mother the first day he examined me. The growths were harder to dissolve and absorb than malignant masses; they were of the very substance of the lymph nodes themselves. But it was like cancer – a degenerative process – and would respond with positive results. Like

cancer, it was a premorbid general condition, not local, the body had lost its ability to generate mucous to clean out the damaged cells.

Gerson handed me a glass of mucilaginous, brown puddingish stuff. "Drink it!" he exclaimed, never hesitating. He was very experienced as a physician, very appropriate, empathetic and emphatic in what he would suggest. He referred also to a glass of orange juice to chase it. So I innocently complied and then hesitated at the unbelievable first taste. My tongue felt enfurled. So did my stomach. The horrified look on my face inquired *you want me to drink this?* He looked at me without one increment of doubt or pity and said, "You will not die, if you don't cheat!"

He expected me to drink it, and I had to drink it if I wanted to survive. I did, followed by the orange juice.

"What is it?"

"Liver juice," he replied. "Two per day." So for eighteen months and then for eighteen months more, I drank it. I got well. I never cheated.

Gerson was resonant with authority. I never found anyone like him again. I was and am still wary of doctors. I was weary of the medical doldrums, the we-just-don't-know pontifical enunciations about the body. That was not Dr. Gerson's way: he was luminous, joyous, in awe of creation, funny, confident, wise and constantly aspiring for truth. A very rare human being, he smiled a lot because I was a spunky eleven-year-old. He would come into the hall at the clinic while I played the piano and listen approvingly.

During the first six weeks at Oakland Manor, the Gerson clinic in Nanuet, NY, the tumors began to be absorbed or digested by the body. I could see the purple masses moving down my neck. From what I understood listening

to Gerson's standing-room-only lectures on Saturday nights in the large living room, the premorbid body has an imbalance of sodium and potassium. Gerson was the main reason the diet worked on me. He believed in the integrity of the body, in the creative mysteries. He had been wonderfully educated with access to brilliant colleagues in his formative years in Germany.

Dr. Gerson's burden and the criminal thing done to him and his patients by the industry of allopathic medicine was to force him to practice without a community of other physicians. They also forced his patients to fend for themselves when he died. The AMA could not debunk him. He had been a colleague of Sauerbach. He was an experienced lecturer and clinician. He had extraordinarily good results with over 50% cures from patients given up as terminally ill, carefully documented. All they could do was intimidate all the authentic physicians drawn to him, forcing Gerson to work in isolation. He had hundreds of patients like myself who needed his advice after healing had occurred. It must have been exhausting for him to help us adjust to the more and more toxic environments in which we were all trying to survive.

Charlotte Gerson's accomplishment is stupendous and a credit to her parent's lives. She again made the Gerson Therapy available within a community of physicians, researchers and medical professionals in open fearless dialogue by avoiding controversy and sensationalism, sticking to what could be done, even moving the hospital to Mexico in order to make the treatment available where there could be a free exchange of results and strategies eliminating constant combat with the threatened medical industries. A very accomplished woman, who writes and lectures beautifully with under-

able inspiration having witnessed for a very long time the healing process. She makes it possible for lay people to grasp through her writings and lectures the exacting Gerson Cancer Therapy. She is undoubtedly a great humanitarian and educator.

Dr. Max Gerson was a medical doctor of the greatest accomplishment and innovative practical ability, a clinician of the highest caliber. He was in the front lines turning the pre-morbid organism completely around. The process was simple, logical and arduous. In order to administer the diet, it took great sacrifice and discipline on the part of the physician, the patient, and especially the patient's family. It was common sense and the people in the community witnessing the healing began to change their attitudes toward hopeless, degenerative, catastrophic illness. People made deductions and choices that required personal responsibility for their health. Dr. Gerson's retinue of patients was and is a living breathing global laboratory. Gerson was the real thing. A healer. A physician. ■

If you are interested in obtaining the entire manuscript from the author, please contact Kristina at kristina@gerson.org or call 888-4GERSON, ext. 125

FROM THE EXECUTIVE DIRECTOR *continued from page 3*

extended to the board, staff and Charlotte Gerson, all of whom have played a pivotal part in this transformation.

Finally, I would like to thank you, our Members for your support. Your membership is a critical way in which we fulfill our charitable mission. Like all non-profits our pursuit of new goals is directly linked to your support, financial and otherwise. Thank you for being a Member and thank you for enabling us to keep creating and pursuing our

New Gerson Book!

Dr. Max Gerson: Helping the Hopeless

by Howard Straus

Howard Straus, the grandson of Dr. Max Gerson, discusses the struggles this medical pioneer faced as he challenged orthodox medicine with his nutritional protocol. The biography follows Dr. Gerson through Nazi persecution, then persecution in the United States from the medical establishment, the continuation of his work despite the opposition, his questionable death and finally the present, where daughter Charlotte Gerson and the Gerson Institute work to continue his legacy and vision.

Recovered Gerson patient and Gerson Institute Board Member, Carol Beard, shares her thoughts about this new book: "His compelling biography has renewed my dedication to help educate those who are interested and urgently need this life saving information. I believe all who read it will be inspired."

\$19.95 each. CA residents add 7.75% sales tax. Call the Institute at 888-4GERSON (888-443-7766) for more information and to order this new book.



CHARLOTTE'S CORNER *continued from page 2*

Health Study". It turned out that nurses who ate a fat-free diet had more breast cancer than those who ate an average high-fat diet. This result pleased the attackers of the fat/cancer connection greatly. But what really happened? Those nurses who

ate a diet reduced in fats were hungrier and increased their animal protein intake, specifically non-fat dairy products. This study, although 'orthodox medicine' took it as proof that fats have no effect on the occurrence of breast cancer, further proves Dr. Campbell's conclusion that animal protein is the carcinogen, also when defatted.

Dr. Campbell's ultimate conclusion is "Don't look at a single nutrient but at the totality." This was Dr. Gerson's thesis many years earlier. Further, Campbell states, "The higher the plant-based nutrients in the diet, the lower the incidence of chronic diseases."

While all this provides wonderful and extremely important evidence supporting many basics of the Gerson Therapy, Dr. Campbell's 40 years of research have not come up with the cure of advanced cancers and all chronic diseases that Dr. Gerson achieved before Campbell even started his work. ■

mutually shared goals.

On that note, please enjoy the news and stories being shared with you in this summer issue of the *Gerson Healing Newsletter*. Next month we will turn our attention to the increasing importance of disease prevention with the Gerson Therapy. ■

*Yours in good health,
Andrew Printer,
Executive Director*

New Booklets by Charlotte By Kristina Wylie

Critics of the Gerson Therapy often dismiss its incredible results because of a lack of "scientific evidence." The Gerson Institute has limited scientific studies, as the therapy itself is hard to conduct a "double blind" study for the scientific proof the orthodox medical establishment needs. You cannot substitute a sugar pill for organic carrot juice. As Charlotte says in the new booklets, "the orthodox medical point of view puts a high value on statistics and on randomized double blind clinical trials. The latter are suitable for testing a single new drug or treatment modality, but not a complex, many faced system of healing whose every component interacts with all the others."

What we can offer are people's recovery stories. We have thousands of patient testimonials, whether published in this newsletter, sent to us or told over the phone. At every convention, every workshop, every lecture in various cities, we discover countless recovered Gerson patients.

Charlotte Gerson has just recently finished a series of booklets documenting many such stories, organized by diagnoses. The first five are:

Healing Ovarian Cancer the Gerson Way

Healing Breast Cancer the Gerson Way

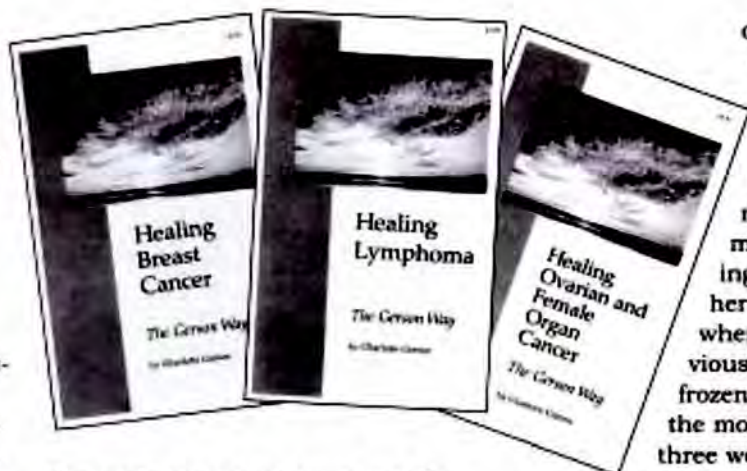
Healing Colon, Liver and Pancreas Cancer the Gerson Way

Healing Melanoma the Gerson Way

Healing Lymphoma the Gerson Way

In the preface of each booklet, Charlotte claims, "This booklet, one of a series, lays no claim to being a scientific document. What it aims to do is present, through a number of factual case histories, a novel approach to cancer and other chronic degenerative diseases that is totally different from the present-day philosophy and practice of orthodox medicine."

The booklets all have a similar format. Each begins with a preface, and then Charlotte discusses the



diagnosis in general terms and factors in malignancy followed by a section about the Gerson Therapy.

Here is one example excerpted from *Healing Melanoma the Gerson Way*:

Sue Jessup, Melanoma, migraine headaches

Sue's story illustrates that even the most severe, advanced cases of melanoma in the liver can be cured on the Gerson Therapy. It also shows that young people (she was 35 at her first occurrence) develop cancer, particularly melanoma and lymphoma, it is safe to assume that they have had other health problems, which caused them to take doctor-prescribed medicines. Sue's experience fits this picture completely.

Some 15 years before her melanoma was first diagnosed, Sue had suffered from severe ocular migraine headaches – the kind that leaves you blind for a little while. At those times her doctor prescribed Florinal and codeine. She took the drugs for 15 years. Also, between 1982 and 1988, Sue believed that she was suffering from stomach ulcers and took the drug Zantac. She also had other digestive problems, seesawing between constipation and colitis. Later, when she was taking coffee enemas, her doctor told her that she would never again be able to eliminate normally. As it turned

out, Sue had never had stomach ulcers. In September 1982, Sue noticed that a mole was growing on a spot on her left ankle where she had previously had a wart frozen off. The size of the mole doubled in three weeks. When she saw her doctor in

Spokane, WA, he immediately did a wide excision (4" across and 2" deep) and covered the wound with a skin graft. Just four months earlier, she had undergone a hysterectomy for endometriosis. On finding that the mole on her ankle was melanoma, the surgeon suggested stripping out the glands in her groin. Sue refused. Years later she learned that stripping lymph nodes weakens the body's immune defenses.

Four years later, in 1986, she noticed an enlarged lymph node in her groin. This too, was removed by the same surgeon at the same hospital in Spokane. Another six months later a CAT scan showed melanoma spreading to the liver.

By April 1987 she was too weak and ill to travel to the Gerson Hospital in Mexico, and started the Gerson Therapy at home. At first she needed help to walk to the bathroom. Six months later she was able to make some of her juices herself. Another two months and she was going up and down stairs to do her laundry in the basement. After one year on the Gerson Therapy, she felt fairly normal.

Fifteen years after embarking on the Gerson program, Sue is well and active. *Last contact: February 2002.* ■

The series of booklets is available through the Gerson Institute for \$3.95 each.

Rewarding New Program continued from page 1

tance, education and support in their home. Our three-day workshop, *Caregiver Training Weekend*, was specifically designed to train not only the chosen helper/companion of a Gerson patient, but also for those people wishing to become a Gerson Therapy Companion or Gerson Therapy Home Set Up Coordinator.

The Gerson Therapy Companion is a qualified, committed individual dedicated to the continuous personal support and care of the Gerson patient. The Gerson Therapy Home Set Up Coordinator is a person knowledgeable in the Gerson Therapy program who is dedicated to the initial home set up needs of the patient. Both are there to provide ongoing assistance and support, not for medical advice.

Board Members Shirley Tice and Carol Beard are both trained caregivers. Shirley is a recovered Gerson Breast Cancer patient, while Carol is currently on the therapy, so both are highly experienced in administering and explaining both the general therapy and its practical application.

Carol believes being a caregiver is rewarding for both companion and patient: "It's beneficial to have someone in your home who is a recovered/recovering patient and knows all the details. We are able to train, educate and understand aspects of the therapy like flare-ups. An experienced person recognizes the body's reactions [to the therapy] and calms and encourages the patient. They must have confidence in the Gerson Therapy, and an experienced caregiver can help with both the psychological and physical healing."

Carol feels it is rewarding to help others with the opportunity to live through this therapy. She feels that the Gerson Therapy is the answer to cancer and other chronic, degenerative diseases plaguing modern life, and wants to share her experience and expertise with those choosing an alternative means of healing.

Likewise, Shirley knows how

important it is to have support and guidance while on the therapy. She and Carol both are sources of support for each other, and says, "Carol has become a good friend and networker, without her helping me at times I would be on my own."

While Shirley was on the Gerson Therapy for Breast Cancer, she went to the Gerson Approved Clinic in Mexico for three weeks and then returned home to continue on the Therapy with her son. "I am amazed and grateful for his help. He saved my life." Now both she and Carol want to be that source of strength, knowledge and support for other Gerson patients.

Ruth Tadman, whose husband is currently on the therapy, felt overwhelmed by the complex Gerson protocol and called the Institute for help. Shirley spent six days with the Tadmans, cooking, juicing and explaining the therapy. Ruth, who is a visual person, felt much more confident in the Therapy after watching Shirley in the kitchen: "Shirley helped with such loving care, and it helped to watch her as she prepared meals and juices. She wrote out the recipes and I had them laminated."

As the Gerson Institute continues with our future *Caregiver Training Weekends*, we hope to offer a long list of qualified caregivers who can assist patients in their home. For those struggling to do the Therapy at home, having an experienced caregiver for even a few days to properly organize the refrigerator, give juicing tips, and share new recipe ideas can make a vast difference in continuing on the therapy. And conversely, for Shirley, Carol, and others, it is a chance to continue to educate and promote a therapy they believe in and that has saved their lives. The reward comes from the progress of the patient.

If you are a recovered patient or a member experienced with the Gerson Therapy, and you are interested attending our Caregiver Training Weekend, please call Vicky at 888-4GERSON, ext. 127. ■

Caregiver continued from page 1

I was at their house for five days, and was amazed at her improvement. When I arrived on the first day, the patient was in severe pain and unable to even lie in her bed, she spent most of the day and night lying on the floor with her head leaning against the bed. She was coughing and her feet and face were swollen. By the second day, she was able to sleep in her bed and by the third day, she spent the entire night in the bed. I massaged her feet each night with castor oil and brought the swelling down so that both her feet and face returned to normal. It was amazing to see this kind of change in the patient after only a few days. Her mother was then able to continue the therapy after a few days rest.

Carol Beard and I have been able to go into patients' homes and experience this kind of wonderful feeling. We have both completed the *Gerson Caregiver Weekend* and fulfilled all requirements to be placed on the *Gerson Institute Approved Referral List* (see page 10) among other qualified caregivers. Both Carol and I have experienced very wide extremes in caring for patients. I have traveled to Virginia, Washington, Ontario, Wisconsin and various cities in California. When I stayed with a patient in Solana Beach, CA, he had severe arthritis and was unable to walk from his bedroom to the living room by himself. However, after one week of the therapy, he felt relief from his pain and was able to walk, assisted, much better. His wife of 52 years is continuing the therapy with some outside help.

When I go into a patient's home, I help them understand the overwhelming amount of work required on the Gerson Therapy. With proper organization, some helpful hints, and understanding of the practical application of the Gerson Therapy, the patient and their helper/companion are better able to continue the therapy. The

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Heart To Heart

GREETINGS FROM CLIENT SERVICES



Since the Gerson Therapy is a nutritional therapy that often calls for a major dietary shift for some people, patients, as well as families and friends, frequently have to learn a whole new way of tasting, eating and cooking their food. There are some very important features to learn about Gerson Therapy food preparation: preserving nutrients by using waterless, low, slow cooking; using those "starter foods" such as tomatoes, onions, apples; using a "flame tamer" to diffuse heat; creatively enhancing flavors with garlic, more garlic, orange juice for dressings, raisins, parsley, and cilantro to name a few; and always staying mindful that presentation affects appetite.

Such tips were taught at our *Creative Cooking with the Gerson Therapy* class held here at the Institute in May, where cooking expert, Marilyn Bloom, created a whirlwind of activity demonstrating many tricks of her long-standing experience with Gerson food preparation. The class participated in the preparation by chopping, peeling and combining ingredients to enhance the Gerson Therapy journey. Remembering Dr. Max Gerson's famous adage: "Let food be thy medicine and medicine be thy food," we learned that variety is tremendously important in order to obtain that wonderful array of natural vitamins, minerals and proteins in our diet.

"Be colorful", Marilyn stressed, "when making your choices of

foods to purchase." The class culminated in a feast of deliciously prepared dishes complete with the famous "Norwalk Gerson ice cream" which is actually frozen bananas and mango (or peaches or molasses). One is at risk of having "false guilt" because it tastes so good, you really think

lovely, warm and cozy, and offer comfortable "enema benches" adjacent to each private bathroom. You'll likely have one made after being spoiled there. In addition, all rooms are now cable and internet ready. The garden and pool areas



Clockwise from top: Marisol, the head chef at Baja Nutri care; students learning creative Gerson cooking techniques.

you are eating that forbidden food, ice cream!

The kitchen at Baja Nutri Care also provides a weekly cooking class hosted by Marisol, the head chef. She has been amazing and delighting patients as well as staff for years. Vicky Craig and I attended her class and learned how to prepare wonderful dressings, a Gerson banana cake made using applesauce and no oils, as well as how to create variety with the frequently served potato.

The entire clinic has blossomed into a wonderful healing place for Gerson patients seeking support, rest, great food and the best of medical advice for their individual needs. The spacious rooms are so

provide tranquility and opportunity for relaxation outside the rooms. Candlelight dinners are a gratifying reward to a long Gerson day for the patients and their companions.

Our thanks to Drs. Bravo and Melendez for providing those "special touches" that make this Gerson Clinic the one we've been waiting for. The kindnesses of all the staff (nursing, kitchen and housekeeping) are generating wonderful comments from many patients already.

Please notice the Protocol Committee's statements regarding dental work, chemotherapy and juicers. Your link to the Institute via this newsletter and your membership will continue to help keep everyone well informed of any adjustments, changes or additions to the basic protocol of the Gerson Therapy. Regarding the juicers, Norwalk remains a favorite for its durability and performance. The Champion (as a grinder) with the K & K press also maintains that

two-step process Dr. Gerson felt was the very best for releasing valuable minerals in the juices. The Greenpower is a good juicer used by many people around the world in the very early stage (I and II) of cancer or those with degenerative diseases. It is also good for those who are juicing on a "prevention and maintenance" program.

Sending you all good wishes for a healthy and happy summer season full of wonderful, fresh organic fruits and vegetables. My own strawberry intake has vastly increased of late and they are oh, so good! ■

*In health and healing,
Sharon*

Practitioner Training Application Available!

Please contact Vicky at 888-4GERSON for an informational brochure and application. Space is limited so reserve your spot now! Also visit www.gerson.org to download the application.

Luke Stewart

It is with heavy hearts that we announce that Luke Stewart, owner of Harbor House coffee, has recently passed away. He has worked closely with the Gerson Institute for 25 years, supplying organic coffee to many Gerson patients. We hope you will have his family in your thoughts and prayers.

Gerson Therapy Protocol Position Statements

[The Gerson Institute has recently created a Protocol Oversight Panel. This group of recognized Gerson Therapy experts will meet periodically to discuss key issues affecting Dr. Gerson's protocol. We intend to share the decisions of this panel with our members and supporters via this newsletter and other regular bulletins. Our goal is to ensure that everyone in the Gerson community has an opportunity to contribute to ongoing conversations about the Gerson Therapy so that everyone is providing the same information to prospective patients. Here are three position statements recently proposed by this panel and subsequently approved by the Board of Directors.]

JUICERS

Based on the information available, it is the opinion of the Gerson Institute that the two-step Norwalk Juicer is the most ideal juicer for people doing the complete Gerson Therapy for serious health purposes. The K&K Press combined with the Champion grinder is half the price, however it does the same job with much more effort.

The Champion juicer on its own is not effective, although the Greenpower Juicer is better than the Champion alone.

With regards the Greenpower Juicer, it is the Institute's opinion that this is a good and more affordable product that can be used by people embarking on the Gerson Therapy in the following circumstances:

- For non-cancer diagnoses and general health maintenance.
- For Stage I and Stage II cancer diagnoses IF the patient is in very good condition with no history of heavy toxic exposures

and/or does not have any other extenuating medical conditions that would put them at a higher risk.

- Only until it appears that the patient is not responding to the Gerson Therapy, at which time they should upgrade to a two-step juicer as described above.

DENTAL ISSUES

Based on the information available, it is the opinion of the Gerson Institute that patients intending to do the full Gerson Therapy for serious health purposes remove all root canal teeth immediately, or as soon as possible after they begin the therapy. Mercury fillings should not be removed for at least nine months, at which point their Gerson-trained physician will determine if they can begin to be safely removed. This decision will be based upon the strength of the patient, the extent of the patient's diagnosis and the doctor's judgment. No more than one mercury filling should be removed every one to two months.

CHEMOTHERAPY

In some extremely rare instances, contingent upon the expert opinion of an experienced Gerson physician and the extent of a patient's disease process, it has and can be advisable to add some very mild, oral, low dose chemotherapy to the therapy. This decision must be considered on a case-by-case basis after extensive analysis of the patient's condition and prior response to the Gerson Therapy.

Approved by the Board of Directors May 11, 2002

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body responds well to the juices, and I show them how to prepare the foods in a varied and flavorful manner, as well as the easiest and fastest way to prepare juices and meals. Seeing results early on is incredibly helpful and hopeful, and gives the patient and family peace of mind.

Charlotte Gerson once commented: "If only someone was able to follow the 'patient' home from the clinic and make sure they use the correct procedure for doing the Gerson Therapy, we would see so much better and

faster results." Since the Gerson Therapy is such a complex protocol, the transition from clinic to the home is often a difficult one. Gerson Therapy Companions and Home Set Up Coordinators will facilitate that transition and make the therapy easier to do at home.

If you are interested in either being placed on the Gerson Institute Approved Referral List as a Gerson Therapy Companion or Home Set Up Coordinator, or if you are a Gerson patient interested in having assistance on the therapy, please contact the Gerson Institute. ■