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Using the Gerson Therapy for Prevention

By Kristina Wylie

According to the National Cancer Institute, up to 80 percent of all cancers are due to identified factors, and thus are preventable, especially considering an estimated 35-60 percent of cancer risk stems from diet.¹ With cancer and other diseases on the rise, with the constant influx and exposure to increasing toxins in our environment, with depressing statistics and overwhelming studies showing the constant dangers of meat, dairy and pesticide ridden produce, where does one start to change their lifestyle?



In order to stay healthy in modern society, there are certain necessary lifestyle changes that need to be addressed: lifestyle changes that are the foundation for the Gerson Therapy. Two simple choices will empower individuals and result in better health for both people and the environment: eat a healthy diet containing lots of organic fruits and vegetables

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A huge Thank You to some wonderful donors...



We would like to acknowledge and thank **Paula Spangenthal**, our Office Manager and **Warren Kendrick**, owner of Rapid Domains (our technical support consultants) for being true supporters of the Gerson Institute. Paula donated a brand new dishwasher to the Institute in July that proved to be a blessing at our recent Caregiver Training Weekend. We used funds provided by an anonymous donor to pay for the dishwasher's installation as well as a stair runner to help buffer the noisy footsteps of the upstairs staff. Warren has been donating used computers and other pieces of equipment over the past few years. This year, however, he has also made an 'in kind' donation of \$7,000 that will allow us to invest in vital upgrades to some of our workstations. Thank you Paula, Warren, our anonymous donor and all our wonderful members and supporters. *Your generosity has made service to our clients and our programs more effective than ever!!*

GERSON HEALING NEWSLETTER

Vol. 17, No. 5, September/October, 2002

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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.

Please address all letters and comments to:

The Gerson Institute

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

MAIL@GERSON.ORG

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CHARLOTTE'S CORNER



Stephanie – an Extraordinarily Courageous Fight *By Charlotte Gerson*

Stephanie was born on November 7, 1991. From the time she was 4 years old, her mother noticed that she had an unusually large belly. The pediatrician suggested that it was due to her rather large rib cage and attached no further importance to the situation. However the protrusion increased and by July, 1998, at age 6, Stephanie was yellowish pale, and for some 3 months had low grade fevers and frequent colds. At that time, she was diagnosed with "Wilm's Tumor, Stage 4". (Generally seen in children: very aggressive kidney tumor, also described as nephroblastoma.) The doctor's remarked: "She is dying."

The next day Stephanie was in surgery where her right kidney, weighing four pounds, was removed because it had started to grow into the vena cava (the principal vein draining the upper portion of the body). The cancer had produced spots on her lung and had invaded the right heart chamber. The surgeon also opened her sternum and took out tumors from her lungs. Then she had open heart surgery to remove the tumor in her right heart chamber. The entire procedure took 10 hours.

Four days later, she was walking. Within another two days, she was started on chemotherapy: Vincristine and doxorubicin. Simultaneously, she received three weeks of radiation to the lungs. She spent a total of 4 weeks in the hospital. The chemotherapy (two hours intravenously on an out-patient basis) lasted six months till January of '99.

For a few months, until May, she was clear. Then a tumor was discovered on her liver. Toward the end of June, more surgery: this time the tumor near the liver along

with some liver tissue was removed. There were also new tumors in her lungs. The surgery staff turned her on her belly and went through her back to remove them. This was followed by a new course of chemotherapy with the same drugs; however, this time it was being done at the hospital where she spent some 5-6 days every three weeks. In the meantime, she also received more radiation to the liver.

Just after Thanksgiving the same year, stem cells were removed and in December she received heavy chemo. She spent one month in the hospital 'sterile' room, in isolation at Stanford during that time. On December 29th, 1999, the stem cells were returned.

In February of 2000, she was home. At that point, the family started to investigate diet: they ate less meat, preparing chicken only once a week, and consumed more vegetarian foods. Still, in August of 2000, Stephanie had another recurrence, a tumor in her right lung but no malignancies in her abdomen. Her family denied further chemo and just had them cut the tumor out. At that point, the family became total vegetarians, and Stephanie also took supplements. Even though they were discouraged about chemo, they didn't know what to do and accepted, at the doctors' urging, another six months course of chemo. In April of 2001 another tumor was discovered. The doctors reasoned that "she had not received enough chemotherapy."

Then they learned about the Gerson Therapy after attending the Lodi Health Convention and hearing me speak. Nevertheless, they finished Stephanie's chemo in October of 2001. At the end of

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FROM THE EXECUTIVE DIRECTOR

Dear Members,

It is the height of summer here in San Diego so things are rather quiet at the Gerson Institute. Charlotte is back from her long tour of Europe and has resumed her routine of visiting patients at the licensed Gerson clinic, despite the grueling border crossing. The timing of Charlotte's trip was ideal as it gave Dr Bravo and Dr Melendez time to put the finishing touches to Baja Nutri Care. Three months after opening we are delighted with our wonderful new relationship with the doctors and their staff. The clinic is full most of the time and the atmosphere is one of hope, laughter and healing. Patients are doing well and their family members are getting involved like never before. A recent group of companions went shopping and suddenly returned with a truckload of flowers that they spent the day planting throughout the property. This was a gift to Baja Nutri Care and an example of the warmth being generated at the clinic.

Meanwhile, Sharon, our industrious Director of Gerson Therapy Programs is on a much-deserved vacation. I am sure she will discuss our most recent (and most successful) Caregiver Training Weekend in this issue's Heart to Heart column. Many thanks to her, Vicky and the whole crew of volunteers, staff and Board members for making this yet another well-received learning event. Having completed this workshop, our Referral List should soon expand with additional Companions and Home Set Up Coordinators capable of supporting patients doing the Gerson Therapy, wherever they may be.

As you will see this issue of the *Gerson Healing Newsletter* has a disease prevention theme. For 25

years the Gerson Institute has been a resource for people who have been given up by the orthodox medical establishment and told to go home and wrap up their affairs. For those who have refused to give up the Institute has provided information and referrals to a Gerson clinic where numerous men and women have regained both their health and their lives thanks to the Gerson Therapy. While the Gerson Institute will always support those who want to do the Gerson Therapy for an immediate, life-threatening illness, we intend to expand our reach to those who would like to prevent the onset of disease by incorporating the Gerson Therapy into their lives.

Later this year the Gerson Institute will develop a disease prevention protocol in response to the increasing number of inquiries we get about a Gerson 'detox' or a health maintenance program (based around the principles of the Gerson Therapy). We hope to have this prevention protocol in place prior to establishing a Gerson Therapy residential center here in San Diego in 2003/2004. **In order to make our prevention protocol as effective as possible I would like to invite those of you who have introduced a modified version of the Gerson Therapy into your life to share your stories with us.** Perhaps you were on the full therapy but are now doing a modified version. Maybe you are the companion to a Gerson patient and have some tips about how the Gerson Therapy works for the whole family. Maybe you have introduced some Gerson principles into your child's diet



Dr. Bravo (left) and Dr. Melendez receive their license agreement and a gift from the Gerson Institute.

or established some routines that make shopping, juicing, coffees, traveling and socializing easier. Whatever the topic, I would love to hear your ideas about how you have adapted the Gerson Therapy to prevent illness, so please drop me a line (to my attention) by the end of October.

Finally, another way that you can spread the word about the Gerson Therapy and help propel the notion of disease prevention is by sharing your copy of the *Gerson Healing Newsletter* with others. Maybe a relative, neighbor or co-worker might be interested in a particular article. If the Gerson Therapy has worked for you, it can work for someone you know who is beginning to experience health issues and has expressed an interest in alternative approaches to healing and prevention. As the holiday season approaches you might even consider giving a friend or loved one an annual subscription to the *Gerson Healing Newsletter* so that they can receive updates and read testimonials throughout the year.

Speaking of which, our next and last issue of the year will include the usual winter themed recipes as well as a year-end wrap up from Charlotte Gerson. But that seems a million miles away from this humid afternoon in sunny San Diego!

Until then, take care. ■

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

Calcium Montmorillonite Clay: A Miracle of Life

By Dr. Simon Cohen. Dr. Cohen is a graduate of the Gerson Institute's Caregiver Training Weekend.

Far removed from prominent view, exists an age old substance in nature, known as *Calcium Montmorillonite Clay*. There are only a limited number of Calcium Montmorillonite Clay deposits around the world. The first site was discovered in Montmorillon, France in the 1800s, hence the name. For centuries Native American healers used it internally and externally in the treatment of a variety of illnesses. In years past sailing vessels departing from France stored clay on board for the treatment of dysentery as well as other ailments. Animals, domestic and wild alike, are instinctually drawn to clay deposits and have been observed licking the clay as part of their everyday diet, and also rolling in it to obtain relief from injuries.

A recognized detoxifying agent, nutrient and bactericidal, Calcium Montmorillonite Clay is in the smectite group of clays. Only those clays within the smectite group have the ability to absorb. Its power as a detoxifying substance comes from its inherent ability to grow and change (absorb), which is the reason for its classification and recognition as "living clay." While there is more than one Montmorillonite, the red Calcium Montmorillonite Clay of the smectite group remains a favorite for human use. Clay that has been hydro-thermally altered and seasoned in the arid desert is rich in content. The color of clay is determined by the mixture and ratio of elements contained in it. Hydro-thermal exposures over long periods of time affect the clay in two important aspects; it becomes negatively charged and crystallized. As a result of the crystallization process the clay is reduced into small particles that make it easy for the body to assimilate. The negative charges on the clay give it the ability to absorb or attract positively charged toxic matter, which is then absorbed into the clay and dispelled

from the body as waste.

In addition to the role it plays as a potent detoxifier, Calcium Montmorillonite Clay has also been used extensively in the treatment of pain, open wounds, colitis, diarrhea, hemorrhoids, stomach ulcers, intestinal problems, acne, anemia, and a variety of other health issues. Healing reactions in the Gerson Therapy are often described as above. Clay pack applications are a highly valuable adjunctive modality for the Gerson Therapy for detoxification and healing. (*Ed. Note: Consult an MD before applying to open wounds. Not generally recommended*)

Calcium Montmorillonite Clay is reported to contain no less than 67 minerals. This impressive assortment of minerals include calcium, iron, magnesium, potassium, manganese, and silica, as well as trace elements, those appearing in very tiny amounts. The high mineral content helps replenish dietary deficiencies. Today, more than ever, diets are lacking essential trace minerals and micronutrients. Without basic minerals, life cannot exist; without trace minerals, major deficiencies may develop. Lack of either will make it impossible for the body to maintain good health and function properly. In clay the minerals occur in natural proportion to one another encouraging their absorption in the intestinal tract. Natural Calcium Montmorillonite restores minerals in the tissues where they are needed. Furthermore, minerals are the carriers of the electrical potential in the cells that enable the hormones, vitamins and enzymes to function properly.

As mentioned above, the living clay has been used historically as an effective antibacterial in the treatment of dysentery, and as a means of decontaminating water. Presently it is being used internationally to clarify and balance

small and large bodies of water.

This is so because living clay particles are smaller than many bacteria; when bacteria encounters an environment abundant in clay it becomes surrounded by the clay, and imbedded in it. The immediate result is that the bacteria are unable to receive nourishment and cannot survive.

The dominant approach in health care today is from the viewpoint that considers the notion of parts. The diagnosis of illness is often arrived at by looking for a specific disease by relying on symptoms surfacing in an apparently localized part or parts of the body. Once identified a specific medication for a specific problem is applied. Only recently has medical science begun once again, to explore the idea that health problems surface as a result of disease in the whole system, not just one or more of the parts. The immune system intimately affects each organ on a fundamental level, which spans the boundaries of all the body's vital functions. This is critical to understanding the cause of disease in any system impacts all systems. A lifestyle without substantial nutrition, sufficient rest, a proper balance of stress, and numerous other factors can weaken the immune system. Malfunction of the immune system leads to disease. ***It is unrealistic to treat parts, and expect a whole result.*** Likewise, the Gerson Therapy has always been based on two fundamental beliefs: do no harm and recognize the therapy as a whole systems approach.

Because of its inherent healing properties, clay has long been recognized as a subject worthy of study. It is included in educational institutions today, many of which teach pharmacology, herbology, and nutrition. Calcium Montmorillonite Clay is currently being utilized in hospitals outside of the

United States where it has already proven its effectiveness. In recent years clay has become a topic of discussion in numerous publications. Recently more information has become available outlining the important role Calcium Montmorillonite Clay can play in the recovery and maintenance of health. It has also been receiving significant recognition by the health care community, as a proven and much overlooked natural alternative remedy in the prevention and cure of disease.

Recent exposure has spurred the interest of people around the world, prompting them to seek out reliable high quality resources for clay. This well deserved notoriety is serving to educate the public about this natural healing agent, as a true "miracle of life."

While Calcium Montmorillonite Clay is a powerful nutrient and detoxifier it is important to recognize that it is a part of a total health care system. Healing benefits may result from internal and/or external clay applications. The clay may be ingested, applied as a poultice, and/or used in a bath. An appropriate lifestyle and the proper guidance of a health care practitioner are essential to one's well being. Determining the most beneficial and appropriate application of Calcium Montmorillonite Clay is best discussed with someone familiar with its properties.

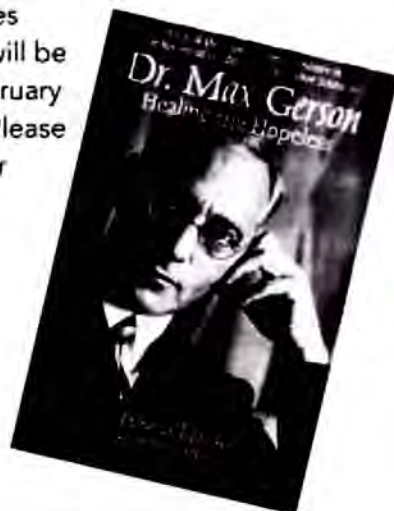
Natural medicines serve as catalysts triggering our bodies' built-in healing mechanisms as they work to restore health. I was prompted to write this article because of my personal experience with the far-reaching healing powers of natural Calcium Montmorillonite Clay. This pure clay is recommended for both Gerson patients and those interested in health maintenance and prevention. My hope is that the information provided here will encourage others to consult with their respective health practitioners to consider its use as part of their daily regime.

I wish you one and all a lifetime of good health! ■

Gerson Recipe Contest:

Send us one of your original Gerson recipes and win a free copy of the new book, *Dr. Max Gerson: Healing the Hopeless* by Howard Straus. Five copies of the new book will be given to the five best Gerson recipes submitted. Winning recipes will be published in the January/February Gerson Healing Newsletter. Please send all recipes by November 1st, 2002 to:

The Gerson Institute
C/O Vicky Craig
1572 Second Ave.
San Diego CA, 92110
Email: vcraig@Gerson.org
Fax: (619) 685-5363



CHARLOTTE'S CORNER *continued from page 2*

November, they went to Mexico to explore the possibilities and returned home to start the full Gerson treatment on January 7th, 2002. By that time, Stephanie again had new tumors, diagnosed in December 2001. The doctors commented that "there was nothing more they could do for her."

With a great deal of courage and perseverance, Stephanie, now 10 years old, did the modified Therapy. Her mother reports that she has almost 'constant' flare-ups, about every two weeks. Some of these are more severe, others milder. By the end of April, she was excreting such evil smelling stools that she 'couldn't stand herself' in the bathroom. Her urine regularly smells strongly of chemicals and burns as it passes. She also smells the chemo on herself, on her skin, and feels "acid stuff" in her mouth. In July, 2002, she again had an extremely heavy healing reaction with fever and vomiting. Perhaps this is the typical 'six months'

chemo reaction we regularly see in patients treated with chemo.

Admittedly, we have never seen a patient survive the heavy and repeated chemo treatments, surgeries, radiation exposures as well as Stephanie has. She eats and drinks unless she is in a flare-up with vomiting. She has even gained a little weight! She is healing.

Obviously this is not a report about a 'cured patient.' Stephanie has a long way to go. The reason for telling the story is that after the tremendously heavy chemo treatments, the extensive surgeries, the constant recurrences, the radiation treatments, this courageous little lady is responding to the Gerson Therapy; excreting the poisons, and is on the road to recovery. And even under such adverse conditions, the Gerson Therapy can still help.

Congratulations to Stephanie and her mother, Renate. ■

The Beginning of the Journey: Lora Valsi's Story

By Kristina Wylie

Lora sits on the flowered comforter of her bed at Baja Nutri Care, and motions to the myriads of potted flowers visible in the garden outside her window. "The patients and companions all pitched in to buy a truckload of pots, soil and flowers for the courtyard. We spent all day yesterday potting and gardening!" Lora and the other patients wanted to show their appreciation to the doctors and staff of Baja Nutri Care, and provide inspiration and beauty for future patients. "This place has exceeded all my expectations," she says, smiling. "I came here depressed emotionally, and day by day the doctors and other patients have walked with me through my healing journey."

Lora's father was the first to introduce her to alternative methods of healing. He grew his own vegetables, juiced and advocated natural therapies like Gerson. He used diet as health maintenance, and lived to be one hundred years old. Their family doctor was a chiropractor.

Therefore, when Lora was first diagnosed with Breast cancer, Stage 2, at the end of February, after a thermogram found four abnormal metabolic sties predicting an 85% chance of malignancy, she immediately sought a natural, alternative therapy. She began her journey with Gerson after attending a Gerson cooking class at her local health food store in Michigan, the Gerson-friendly *Tree House for Earth's Children*. With this source of support, as well as the encouragement from her local Gilda's club — a support group for women with cancer named after comedienne Gilda Radner — Lora embarked on the therapy.

After her thermogram, Lora's holistic doctor recommended a mammogram, which led to an ultrasound, an MRI and finally an ultra-sound guided biopsy. By the time she had the biopsy, she had been on the Gerson Therapy for



Lora, a recovering Breast Cancer patient, rests in Baja Nutri Care's garden among the flowers she and the other patients and companions had just planted

five weeks. The doctors could not locate the second mass detected on the original ultrasound and MRI!

Although she felt she had the support and willpower to do the Gerson Therapy at home, Lora chose to come to Baja Nutri Care so that she could have the therapy customized to her diagnosis. She felt the doctors could help her understand her diagnosis both physically and mentally, and Drs. Bravo and Melendez, whom Lora refers to as "the dream team," as well as the entire staff at Baja Nutri Care were so attentive and caring, that Lora is grateful for their dedication and her decision.

Before her diagnosis, Lora taught early childhood education and child development at the university level. Yet Lora sees her illness as a disguised blessing — an opportunity to slow down, to go inward and connect with one's spiritual self and return the body to its natural rhythms. Her time at Baja Nutri Care has allowed her to do this.

In the three weeks Lora has spent at the clinic, she feels more relaxed and emotionally stable and is sleeping much deeper. She feels so nurtured there: the ingenious Gerson cook Marisol creates

wonderful meals to nourish her, the doctors help her to understand her diagnosis and not fear it, she can relax and read in the garden or by the non-toxic pool, and share her experiences with the other patients there. "It's like one big Gerson family," she exclaims.

The time spent at the clinic has allowed Lora to create an even greater support system. She has bonded with the other patients, who came from all over the world: Ireland, Israel, South Africa, Arizona and New York. She believes she will always be connected to these people whether it's to give encouragement or exchange tips or recipes. And they have even talked about a Gerson reunion!

Lora made a vow with herself: when she is healed, she will become a Caregiver and help guide others doing Gerson Therapy. She is also returning to the Gilda club to share her experience, as they were both supportive of Lora being so proactive about her health and very interested in alternative ways of healing.

The Gerson Institute thanks Lora for her inspiring story and we wish her well on her healing journey. She is a valuable Gerson supporter and will be a Gerson Caregiver soon! ■

Gerson Therapy Prevention continued from page 1

coupled with detoxification. As artist Paul Cézanne said, "The day is coming when a single carrot, freshly observed, will set off a revolution." People need a new relationship with food and the environment – and using elements of the Gerson Therapy for preventative measures will begin a ripple effect that begins with your body's own health.

Jamie Kohler, a 25-year-old graduate of our Caregiver Training Weekend, began the Gerson Therapy when she was 19 for contact dermatitis. For a teenage "fast food queen," the idea of juicing, eating a strictly vegetarian diet and doing coffee enemas instead of going out to eat with her friends seemed torturous. Yet the shots of cortisone were not helping the rash that had spread all over her body, and in desperation she began juicing and detoxifying. After two days, the itching stopped and the rash slowly healed.

Jamie says that after being on the therapy after a couple weeks, she would open the refrigerator and notice all the foods she used to eat: "It was a drastic change but suddenly I was aware of what I put into my body. Although it was really difficult to be 19 on the therapy, it was worth it to me. I felt so much better and healthier."

Research indicates that constant exposure to fat and sugar can cause some humans to crave them as they do an addictive drug.² The same holds true for salt cravings. Yet after a short time on the Gerson Therapy, the body does not desire salty, fatty, or sugary foods. Many patients don't even miss salt or fast foods, and if they do break down often get a headache or instantly feel the physical effects of processed, nutritionally devoid food.

One-fourth of all Americans now eat a meal from a fast food joint at least once a day and almost half the calories we consume comes in the form of fat and sugar.³ Drinking a coke is like swallowing the same amount of sugar found in a piece of chocolate cake.

According to a 1999 study by the Center for Science in the Public Interest entitled *Liquid Candy*, the average American teenager in 1978 drank seven ounces of soda daily. Today teens drink three times that and soda accounts for almost 10% of their daily caloric intake.

Children and adults alike are filling their bodies with foods that contain no nutritional value. More than 4500 schools now serve Taco Bell products for lunch, and an estimated 30 percent of schools offer name brand fast food including Pizza Hut, McDonalds and Domino's.⁴ According to a recent *Newsweek* article entitled, *Fighting Big Fat*: "In this country, 43 percent of elementary schools and nearly all high schools have machines that sell soda, sugary drinks, candy and chips to hungry kids." How can parents and kids alike combat the barrage of nutritionally devoid snacks and aggressive advertising campaigns targeted at children?

For Jamie, it was simply an issue of making the Gerson Therapy work in her daily life. She has a schedule: every Saturday, she purchases her organic food for the week, then scrubs and prepares the food, separating various amounts of carrots for juice or salad into Ziploc bags. "I have a routine. I wake up, do a coffee enema, start my oatmeal, take a shower, grab a baggie filled with carrots, juice them, eat my breakfast and go...it takes no time." She also brings a fresh, organic salad to work to avoid the temptations of fast food.

For as much time as it takes to stand in line at McDonalds for a breakfast sandwich, she has prepared fresh carrot juice — filled with nutrients, enzymes and antioxidants — and oatmeal rich in fiber, folic acid and other B vitamins, iron, magnesium and selenium. Researchers at Boston Children's Hospital found that boys who ate slow-cooking oatmeal had the slowest rise and fall in blood sugar, became hungry much

later in the day, and ultimately took in 53% less snack calories than the other children.⁵ By eating real, nourishing food, the body does not crave processed snack food.

Chuck Kohlhasse believes the Gerson Therapy is the only real way to guarantee survival, since he started it in 1980 for lymphoma along with his mother, a former lung cancer patient who is now 90 and also in very good health. He claims his family is "three generations of Gerson," since his oldest daughter is now on the therapy as well.

"My whole family learned a lot. We turned away from junk food, greasy food, fast food and eat organic." Years from his original diagnoses, Chuck and his family follow the Gerson protocol as closely as possible for health maintenance. He juices using carrots from his organic garden and continues his daily Gerson coffee breaks, claiming, "the best prevention you can get is to keep your liver flushed."

Both Jamie and Chuck acknowledge the difficult lifestyle changes that the Gerson Therapy demands. But for Jamie, she just decided she was going to make it work, even while juggling both work and school. Her health was worth it. And this is a necessary decision at a time when "obesity now ranks second only to smoking as a cause of mortality in America, resulting in 300,000 deaths each year...our diet claims ten times more lives each year than does gun violence."

Despite the fact that the Gerson Therapy is labor intensive and organic food can be slightly more expensive than the super value meal at a fast food restaurant, Chuck maintains "the opportunity to rebuild your body and immune system is worth a whole lot more" — there is no monetary value on his health or the twenty more years added to his life.

Ben Franklin once said, "It is far easier to keep your health than regain it." There are numerous

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Heart To Heart

GREETINGS FROM CLIENT SERVICES



Dear Friends,

While the Gerson Therapy has a long and abundant history of healing many people with degenerative diseases, the most helpful approach is preventive healing. Now the biggest issue with 'prevention' as a concept is that it takes a self-care mindset: we have been conditioned for decades to use the "quick fix, I'll deal with it later" approach.

Charlotte has often said efforts to teach prevention generally falls on deaf ears. She is right. I think this is and has been true for a long time. However, in my own stubborn yet dedicated way, I have to say that we will teach, promote and guide people to use the Gerson Therapy for prevention of degenerative disease, which encompasses nearly all diseases as observed by Dr. Gerson himself. If we at the Gerson Institute continue teaching about toxicity and deficiency, then the importance of detoxification and organic foods becomes more apparent and necessary.

It is rare that anyone will argue about how much toxicity we are continuously exposed to. Granted, we have innate detoxification systems in our bodies (liver, lungs, kidney, colon, skin), but even the person who believes they are healthy by eating well and exercising can get cancer or other degenerative diseases. Detoxification is the very best insurance policy I can have to ensure that my healthy lifestyle practices are not thwarted by the toxicity of our

modern 21st Century world.

I believe this in my heart and know that logic will prevail in others as time goes on. I hope so for the sake of many. No one really knows when his or her immune system will become overwhelmed for one reason or another. The Gerson Therapy offers enormous

early ages! Cancer used to be a disease of old age. Not so anymore, as children, young mothers and fathers are dying of brain, breast and pancreatic cancers at alarming rates. This need not be the case. The Gerson Therapy unequivocally offers the



Clockwise from above: Kitchen volunteers, Tim, Nancy and Vicky prepare Gerson meals for the students; The entire Caregiver Training class with Charlotte Gerson; Students visit Baja Nutri Care to meet both Doctors and patients.

protection to a body that is constantly being attacked by air, water, food, and now electrical pollution.

More and more, health conscious people want to take charge of their health and well-being. Surely if we leave it to others or don't take responsibility, it is a game of roulette, and a rather ominous one at that. Too many times I have heard the stories of "healthy people" with metastatic cancer at very

most scientifically researched program for health and wellness in our modern day culture and world. Dr. Gerson's work becomes more meaningful everyday. Join us in the commitment to true health and sustained well-being.

Here at the Institute, we had twelve committed Gerson Therapy students at our second Caregiver Training Weekend, which was extremely successful. The overall evaluations reflected it was not

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only time well spent but offered even more than they expected. We continue to work to improve our presentations with recommendations given at the end of each session, a true work in progress through trust and cooperation of participants and presenters.

This time we had participants from Australia, Canada, Hungary and the US. Such a rich variety of people gave way to sharing of excellent information to help the Gerson patients. Vicky got the most kudos with her wonderful, lovingly prepared meals (no surprises)! We continue to build our Gerson Institute Approved Referral List through these programs. There is an old saying: "Good things come to those who wait." And so it shall be. The next program is slated for February but filling up fast, so if you are considering attending, contact Vicky Craig as soon as possible due to a limited class size.

The Baja Nutri Care clinic in Mexico continues to be such a blessing to our patients and staff. It is warm enough now for some to enjoy the clean, non-toxic pool. The garden area is a wonderful gathering place that both Gerson patients and companions can enjoy. Everyone raves about the food Marisol prepares daily, as well as the smiling faces that deliver the juices and nurses who are kind, gentle and helpful.

Truly then, we in the world of Gerson are grateful for all our blessings, the clinic, the patients and loved ones we meet and the greater membership who continue to support our work, mission and vision.

Have an enjoyable Gerson summer of lots of variety in your fresh vegetables and fruits! ■

In health and healing,
Sharon

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

ways individuals can regain power over our health, our food, and our environment. Support your local organic co-op. Bring a fresh, colorful salad to work instead of depending upon fast or processed food. Take your children to an organic farm and explain the importance of nutrition. Investigate healthy options for your child's school. Work the two core elements of the Gerson Therapy, nutrition and detoxification, into your daily life. Pass this newsletter to a loved one and encourage awareness. Awareness leads to prevention, and prevention to a long and healthy life. As Dr. Gerson observed in his years of research: "Stay close to nature and her eternal laws will protect you." It is your choice: start with the food you eat. ■

¹ Physicians for Responsible Medicine website (www.pcrm.org) The Cancer Project: Cancer Prevention and Survival - Foods for Cancer Prevention

² Shell, Ellen Ruppel. Newsweek: It's not the Carbs, Stupid. August 5th, 2002. pg 41

³ Lappe, Anna and Frances Moore Lappe. Hope's Edge: The Next Diet for a Small Planet. Penguin Putnam, New York, 2002. pg. 38

⁴ Schlosser, Eric. Fast Food Nation: The Dark Side of the All-American Meal. Houghton Mifflin Company, New York, New York. 2002.

⁵ Tyre, Peg. Newsweek: Fighting Big Fat. August 5th, 2002. pg 40

⁶ Physicians for Responsible Medicine website (www.pcrm.org) The Cancer Project: The News You Need

⁷ Lappe, Anna and Frances Moore Lappe. Hope's Edge: The Next Diet for a Small Planet. Penguin Putnam, New York, 2002. pg 39.

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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.

YOUR GIFT AT WORK IS ESPECIALLY VALUABLE

If your company has an employee charitable fund drive this Fall, please consider making a gift to us there. Doing so can pay long term dividends in two ways. First, your company may add a matching gift to accompany yours. Second, the policy at many companies is to add a charity to the "approved" list for employee giving if one or more employees ask to make a gift to that charity. Being on the approved list often means other employees will see our name and decide to support us, too.

Don't forget that the Gerson Institute is also referred to as the Cancer Curing Society in many workplace campaigns, particularly those involving federal and state employees.

If your company has a "United Way" campaign that allows you to direct your contribution to charities other than United Way, please take advantage of that opportunity to do so. If your company restricts giving to a list of "approved" charities, please ask your human resources department how you can add us to that list. We have found that merely having an employee ask to include his or her special charity to the list is usually all it takes.

Thank you for thinking of the Gerson Institute/Cancer Curing Society. Remember, 84% of any donation made by you helps the Gerson Institute support another person doing the Gerson Therapy. You do make a difference!