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An Update on the Dangers of Hormone Replacement Therapy *By Charlotte Gerson*


Some months ago, I was asked by the Gerson Institute to write an article for the November/December 2002 Gerson Healing Newsletter. The general theme was to be an update on various items, warnings issued on health hazards. I started collecting materials and the pile grew to an impressive size — to the point where I was almost discouraged from tackling it. But the deadline is approaching and it has to be done. Let's begin with the item below that was reported on the Internet, at <http://badproducts.com>. More updates will follow in newsletters next year.



Hormone Replacement Therapy (HRT)

A major clinical trial of the risks and benefits of hormone replacement therapy had been instituted in 2002 by the National Heart, Lung and Blood Institute, an agency of the federal government and part of the

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GERSON

OPEN HOUSE

Sunday, Sept. 15th
12 noon - 3 PM
1-800-4GERSON

Gerson Open House



The Gerson Institute hosted an Open House on Sunday, September 15th. Over 100 people attended to sample organic Gerson hors d'oeuvres, watch juicing demonstrations and listen to both Charlotte Gerson and Sharon Murnane, RN lecture about the dangers of the standard American diet and the importance of nutrition.

Please join us at our next open house, scheduled for January 12th, 2003 from 12 noon - 3pm. There will be a free public lecture about detoxification as well as organic Gerson hors d'oeuvres and juicing demonstrations. Please contact the Gerson Institute for more information.

EDITORIAL STAFF

Charlotte Gerson, Founder
Andrew Primer, Executive Director
Kristina Wylie, Editor
Bryan Winkle Design, Layout & Illustration

BOARD OF DIRECTORS

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Terry L. Thompson, Veronica Gutierrez, DC,
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MISSION STATEMENT

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

VISION STATEMENT

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

BECOME A MEMBER!

The Gerson Healing Newsletter is published on a bimonthly schedule (6 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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Arthur Kempel:
Adenocarcinoma of the Stomach

By Charlotte Gerson

Arthur was born in August 1945. He is a composer, and is married to a chiropractor.

He had the first indication of a problem at age 53 when he suffered stomach pains after eating. His doctor did a scope and a biopsy of the stomach but didn't find anything. However, after a second biopsy cancer was diagnosed on August 5, 1999.

On August 18, 1999 his entire stomach was removed. The surgeon found that the cancer had grown through the stomach wall and had invaded his abdominal cavity. Furthermore, 9 out of 10 lymph nodes that were removed were positive for highly undifferentiated cancer. After removing the entire stomach, the surgeon formed a pouch in its place out of the small intestine. Then another problem developed: the surgical cut at the esophagus was not confirmed for clean margins. There was probably some tumor tissue left.

After the surgery, the doctors suggested chemotherapy and radiation. Arthur and his wife visited 6 oncologists and their general opinion was quite unanimous: Arthur had probably some 3 months to live. Perhaps with chemotherapy, the time might be extended by a few months; but it wouldn't save his life. Under those circumstances, Arthur decided that he didn't want to worsen his quality of what little life he had left by taking chemo and opted against it. He wanted to be as comfortable as possible.

That is when he and his wife started to read about alternative therapies since orthodoxy had nothing to offer. Around November 1999, they found a book on alternative therapies by Ross Pelton,

R. Ph., Ph.D., a pharmacist and nutritionist and Lee Overholser, Ph.D., a holistic practitioner. They described the major alternative treatments and showed both their good and bad points. To the Kempels, the Gerson Therapy seemed most scientifically based and logical. Also, other therapies gave various protocols but they did not offer to save lives. The Gerson Therapy did.

The Kempels then made an appointment to consult with a Gerson doctor at the Gerson Therapy hospital, and met me. They obtained the books, videotapes and instructions and, by December 1999, set up the whole treatment at home, following the directions in the book.

With no stomach except an artificial pouch, Art had not been able to eat much. He also found that average food didn't digest well. He was weak. After starting the Gerson Therapy, his strength quickly improved; the Gerson food seemed to "go down easier" than average or fatty foods. After one year, he felt about normal. He was able to take all the juices and ate small but more frequent meals. His weight remains steady, possibly he gained a little; but he is not really underweight and looks very normal.

The patient's chiropractor wife used physical therapy that she had developed previously for pain and arthritis in addition to the Gerson Therapy.

Presently, at the end of August 2002, Art has very good energy and is living as he used to do before his surgery. There is no evidence of any cancer in his body. His AMAS (a very sensitive test) has been normal for the last four

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Dear Members,

My update this issue is bound to be rather rushed because, as Sharon indicates in her Heart To Heart column, we are in the final count-down to the 6th **Gerson Therapy Training Program for Licensed Professionals (Module 1)**.

In our next issue I am sure we will have a full review of both the Module 1 training and the Module 2 internships that followed. In this issue, however, I would like to briefly describe the importance and the evolution of our training program for licensed professionals. It is a cornerstone of our Education & Outreach activities and it is central to the Institute's mission... *to heal and prevent chronic and degenerative diseases worldwide based on the work of Dr. Max Gerson.*

Charlotte and her colleagues conceived of this important training program back in 1995/1996. Their goal then was to train medical professionals in the theory and practice of the Gerson Therapy so that clinics could be staffed and practitioners could begin treating patients with the Gerson Therapy, no matter where they lived. Up until 1996 Dr. Melendez and Dr. Bravo were the only two thoroughly knowledgeable Gerson Therapy physicians in the world and clearly they could not help everyone, especially those unable to travel.

Therefore, a four phase model was developed and our first Phase I training was presented with great excitement in 1996. This was followed by additional trainings in 1997, 1998, 1999 and 2000. Clearly, this program was very popular, attracting over 100 medical professionals from all over the world in its first five years. However, our goal to train practi-

tioners in both the theory and the practical application of the Gerson Therapy was hampered by our reliance upon the licensed medical facility where Dr. Bravo and Dr. Melendez worked. While both doctors were happy to assist us in this important goal, neither they nor the Institute could affect the stability of their place of employment, which was essentially the school where our internships and long-term case management teaching would happen. Although some Phase I students moved on to Phase II we

saw much room for improvement in this aspect of the program. Ultimately, when Hospital Meridien became unavailable to us we saw this as a sign that we should consider taking time off to redesign the program.

In 2000 the Board of Directors decided that after the completion of that year's Phase I training we would re-evaluate the entire four-part program to ensure that it was meeting our objectives and the objectives of our student practitioners and their patients. Approximately eighteen months

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A New Board President

Pictured at right is **Charlotte Gerson,**

Founder of the Gerson Institute with our **new President of the Board of Directors, Carol**

Beard. Although Carol has had a lengthy relationship with the Gerson Therapy, her path and that of the Gerson Institute did not cross until she attended a seminar at a local health



food store in 1999. Soon after, Carol became a regular volunteer at the Institute, driving over an hour each way every Monday to help the client services department with patient follow up calls. In 2001 Carol was elected to the Board of Directors. Four months later she became Vice President and, as of September 2002 she assumed the role of President. Carol is actively involved in many of our program-oriented committees and is a regular, comforting presence at the office. She participates with our popular Caregiver Training Weekend and is an Institute licensed Caregiver and Home Set Companion. Mark Bruce, outgoing President remains on the Board of Directors as Vice President, but the relocation of his job to northern California made scheduling meetings rather difficult. We would like to take this opportunity to thank Mark for his excellent guidance as President (1999-2002) and we look forward to accomplishing many new goals with Carol Beard.

Holiday Travel and the Gerson Therapy

By Kristina Wylie

Traveling is a great source of stress and complications for the Gerson patient and yet is sometimes unavoidable, especially around the holiday season.

Charlotte maintains that a patient on the full therapy will be most comfortable and nurtured at home. But when absolutely necessary, how does a Gerson Therapy patient travel? And likewise, how does one trying to adhere to a modified Gerson Therapy for prevention or health maintenance travel?

Charlotte recommends that a patient on the full, intensive therapy travel with a camper/recreational vehicle when making any trip. This way, the patient can have a mini-kitchen complete with refrigerator filled with organic food, their juicer, and access to their own kitchen. Even while on the modified therapy, one still needs organic food, juices and coffee breaks.

Carol Beard, the newly elected President of our Board of Directors, is both a Gerson caregiver and recovering patient on a modified therapy. She often travels for the Gerson Institute, lecturing and volunteering at conventions, and describes traveling on the therapy as "where there's a will, there's a way." Traveling involves an enormous amount of foresight and preparation, even for weekend trips. One must continue the juices and enemas, and find a source of organic food and pure water.

Stella Ashton, a Gerson Caregiver and attendee of the *Gerson Therapy Training Program for Licensed Professionals: Module I*, says, "many hotels upon request will supply a small fridge. I've indicated it's needed for my 'medications,' and put a bottle of acidophilus in it so I do not feel it's a complete fib if someone looked...and believe it or not you will find in my suitcase a single, electric hotplate, a small serrated knife (not in carry-on luggage) and a light steel pot. It



really doesn't take a lot of room. This way I buy my own fresh produce and prepare my own casseroles and coffee enemas and avoid fat and salt." Stella believes traveling as a Gerson Person just means you have to be inventive.

Likewise, Carol is also creative in her traveling. She brings with her an abundance of organic fruits, the coffee concentrate, and dry oatmeal with dried fruit. Before arriving at her destination, she locates a local organic co-op or Whole Foods Market that carries organic produce so she can stock her hotel mini-fridge with salads, fruits and juices and buy distilled water. For breakfast, she heats the water in the in-room coffee pot, and then pours the hot water, oatmeal and dried fruit into a stainless steel bowl she has brought. She then takes a coffee break (she brings an enema bag instead of a bucket) and by the time she is done her breakfast is ready.

In his article, *Eating to Stay Healthy in a Busy World*, Howard Straus, Charlotte's son, suggests that on longer trips to "arrange accommodations with a kitchen so you can cook your meals. Sources of organic produce can almost always be found nearby, or close enough for a couple of trips per week with a little research." As a nutritional therapy, access to a kitchen is imperative while following the Gerson protocol.

Carol also says that for shorter driving trips, it is possible to bring your juicer and a cooler of organic food. She recommends something like the *Gerson Fancy Potato Salad* (Gerson Therapy Handbook, pg 83) or similar foods that will keep in an insulated bag for snacks and lunches on the road. Recovered Gerson patient Brad Mavis brings coolers of organic produce on airplanes with him when he travels. For example, when he visited his hometown in Minnesota, he brought 125 lbs of organic fruits and vegetables packed in apple boxes. He also fills a stainless steel thermos with juices or the Hippocrates soup to eat while en route to his destination. Yet, in agreement with Charlotte, he cautions, "if someone is on the full Gerson Therapy, they need to stay home until healthy."

For Carol, traveling is a matter of planning ahead and anticipating needs. Especially with the holiday season approaching, journeys to family or friend's gatherings are inevitable. Although the temptation of holiday meals is often difficult to endure, Carol brings organic yams or an organic dessert with her to any event, therefore providing healthy food for herself and loved ones.

So while remaining mindful that for patients on the full, intensive therapy, holidays at home will be more comfortable and less stressful, it is possible for those following a Gerson protocol to travel without disrupting the therapy too much. Just like the Gerson Therapy itself, with preparation, support and willpower, it can be done.

Please enjoy the recipes provided by the head chef at Baja Nutri Care, Marisol, and share them with friends and family for wishes of good health and well being this holiday season from both the Gerson Institute and Baja Nutri Care. Happy Holidays. ■

Gerson Holiday Recipes

PUMPKIN PUDDING PIE

Pinch allspice
Pinch coriander
Pinch mace
2 tsp, unsulphured molasses (optional)
1 pie crust, (8" or 9")
1/2 cup tapioca
1 1/2 cup dates, pitted and chopped
1 1/3 cup apple juice
1 1/2 to 2 cup mashed pumpkin

Soak tapioca and dates in juice overnight. In morning, stew over low flame using a burner pad to diffuse heat. Cook for 30 minutes stirring frequently to prevent sticking. This will be very thick. Puree tapioca and pumpkin in Foley food mill or processor. Add spices and molasses. Pour into prepared pie crust and chill thoroughly (may be put in freezer several hours until very firm). Otherwise, cutting will be a problem.

Variation: used cooked squash, yams, or sweet potatoes in place of pumpkin



Pie Crust

1 cup oat flour
1/2 potato flour (or use more oat flour)
1 cup whole wheat flour
1 tsp. honey or brown sugar
1/2 cup warm water
1 tsp. baker's yeast

Sprinkle yeast into warm water mixed with honey. When frothy, add flour and mix well. Let rise in a warm place for an hour. Knead on floured board for 5 minutes. Let rest for 10 minutes. Roll out on floured board again. Place in pie plate that has been thoroughly coated on the bottom with rolled oat flakes. Flute edge. Let rise for 15 minutes. Bake at 375°F for 20-25 minutes.

MEXICAN EGGPLANT

1 large eggplant
1 small onion
2 tomatoes
1 green pepper
1 clove garlic
bay leaves
pinch marjoram
pinch cumin
pinch cilantro



Chop and peel eggplant and cut onions, tomato and pepper. Mix all ingredients and cook over low flame for 10 minutes. Spice to taste.

HOLIDAY STUFFED BEETS

Sweet potatoes
Beets
pinch brown sugar

Cook the beets with enough water then clean and peel them. Cut them in half and make a hole in each half with a spoon. Boil the sweet potato in jackets with water and add the brown sugar while in water. Clean and peel, then mash the sweet potato. Stuff

beets with sweet potato, sprinkle with brown sugar and put them back in oven at 350°F for about 10 minutes.



A Fond Farewell to One of Our Directors



Dr. R.E. "Ernie" Becerril

It is with great regret that we bid farewell to one of our longest serving and most conscientious members of the Board of Directors. Dr. R.E. Becerril joined the Board in the fall of 1997 at a time when there was much to do. He, along with his fellow Board members, rolled up their sleeves and addressed a list of critical issues that have led to the great strides the Gerson Institute is making today. During his tenure on the Board "Ernie" served as both Secretary and Vice President. With former Board member Sheila Kendro he sat on both the Board Development and Personnel Committees and fulfilled the role of Personnel Liaison between staff and Board for 5 straight years.

We will always be indebted to Ernie's commitment to the mission and vision of the Gerson Institute. He consistently made decisions with the long-term integrity and stability of the organization in mind and that will be his legacy. Although we are sad to see him go, we hope that Ernie takes with him a huge sense of accomplishment. We wish him well with his future endeavors. ■

August 15th, 2002

My wife, Leona, age 75, has been diagnosed by AMA Doctors as having Alzheimer's (end of early stage, beginning 2nd stage), a diagnosis that she vehemently rejects. I have tried to bring her to the Gerson clinic to use the therapy to arrest the Alzheimer's but she has angrily refused.

Also, she has had moderately severe arthritis for many years that she acknowledges but so far has refused to try the intensive Gerson therapy at the clinic or home.

Using my slight gout in several fingers as a ploy I attended the February 22-24, 2002 Gerson Institute's *Caregiver Training Weekend* to "learn to take care of my gout," but in reality to prepare to be her caregiver for a modified partial Gerson Therapy at home for her Alzheimer's.

After returning to Colorado I started myself on a partial Gerson Therapy as outlined by Sharon Murnane, RN, during the training and suggested that Leona start also "for her arthritis." She agreed and continues now without question or complaint. As typical of many Alzheimer's patients she "knows something is wrong" but cannot accept the label of Alzheimer's.

As of now her Alzheimer's appears to have reached a plateau and even shown slight signs of improvement which I feel is due to the Gerson Therapy. The Alzheimer's Association describes a brief leveling off period occurring spontaneously in some patients, so I am being cautious not to draw any conclusions yet.

My slight gout is slowly improving but I describe it to Leona in terms of a serious problem that is going to take a long time on the partial Gerson Therapy to fully heal, hence encouraging her with a long-term view of sharing in this therapy with me. Actually, I plan to continue in this partial Gerson Therapy along with my wife for the rest of our lives, hopefully until I reach 100.

In appreciation of all that Gerson has done for our daughter (22 years ago healed of severe arthritis at a Gerson hospital), for me since then, and now for my wife,

Bob Jones

September 4th, 2002, A Special Day

In all outward respects, today was just an ordinary day. I went swimming before breakfast, attended my class on Shakespeare, and took my car to the shop for repairs.

But today was a very, very special day in a private sort of way: it was the 44th anniversary of the amputation of my left leg for osteogenic sarcoma. Even more importantly, on September 4th, 1958, while my surgery was in progress at Sloan-Kettering Hospital, my mother was visiting Dr. Max Gerson at his clinic in New York City. They were making plans for my visit to his office upon my hospital discharge, and for preparations to set in motion doing the Gerson Therapy at our home in the mountains of North Carolina.

Today, September 4th, 2002, forty-four years after that visit, my mother, the surgeon, and Dr. Gerson all have died. But I am still alive and active at 59, enjoying life and practicing the essentials of the Gerson diet.

It seemed only fitting to call the Gerson Institute today and share with them my gratitude to Dr. Gerson. It has been over 16,000 days since my mother walked into Dr. Gerson's office and asked for help to save her dying daughter.

Today, September 4th, 2002, was a very, very special day, a day to pause and give thanks where it is so richly deserved.

Carla Shufford



September 2002, My Gerson Story

In July 2001, although I'd been eating well for eighteen years, I felt extremely weak and tired. Knowing this symptom could be the start of a severe health problem, I decided to study the Gerson Therapy.

After watching the fascinating and inspiring Gerson videos, I began a modified version on my own. I didn't tell my family because I feared I'd be criticized, especially if I mentioned the coffee enemas. I also felt it important to do because my mother has had uterine and breast cancer and my grandmother also had breast cancer.

Within a month, I felt better, my skin and hair shined, and everyone including my mother remarked on how young I looked. I am 59 and one neighbor said I looked younger than in my wedding photo of 1963.

In March 2002, I replaced my Champion juicer with a Norwalk, which I love. It produces incredibly delicious, nutritious juice to which I am addicted and I also make juice for a neighbor.

Next I gave a Gerson lecture at Golden Temple health food store and distributed brochures there and at other health food stores. Also I've given out Gerson information at a holistic health fair and plan to do it again in October. Sometimes people call me about the therapy, which I love to talk about.

I enjoy my modified Gerson Therapy of about one to three "coffee breaks" per week, drinking the juice, and eating the healing foods. My favorite Gerson recipe from the patient handbook is for oatcake, which makes a great breakfast.

I plan to stay with this disease prevention routine and inform others about it for the rest of my life.

Peggy Hendershot, BS, RN

Charlotte wanted to update all members about Stephanie, the young girl featured in last month's Charlotte's Corner. She recently spoke with Stephanie's mother and relays the following information:

Stephanie continues very nicely, is eating and drinking, even gaining a little weight. She had been given a horse that she is now able to take care of by feeding and brushing him. Further, she is also starting talk about the future. She is, in other words, beginning to believe that she will get well! I am amazed and delighted.

Charlotte Gerson



Hormone Replacement Therapy continued from page 1

National Institutes of Health. It turned out that fatal side effects were to blame when on July 9, 2002 it was abruptly halted. The therapy included the 'latest' improvement, the addition of progesterone to the original female hormone, found in 'Premarin' (made, as the name indicates, from pregnant mare's urine). Women were told that the addition of progesterone avoided all the dangerous side effects of the estrogen only treatment using Premarin.

As it turns out, that is not so. In the 16,000 women who were involved in the study, researchers found that the risks involved outweighed the benefits. The tested combination drug, called "Prempro," was found to cause an increased risk of breast cancer as compared to women taking a placebo. These women also were found to have a higher risk of [other] cancer[s], coronary disease and heart attacks, stroke, blood clots and pulmonary embolism (blood clots in the lungs).

Some six million women are taking Prempro to control menopause problems such as hot flashes, osteoporosis and dryness. They are now wondering what to use in its place. The drugs controlled their problems nicely, quickly, and they were able to live as they wished without the uncomfortable depression, hot flashes, etc. Not only that, but their gynecologists or regular general physicians recommended HRT to also prevent osteoporosis and heart disease.

Unfortunately, the public is directed by their doctors to take a

drug, a pill or a shot of medication if they have a problem. It is easy, and the patient need not think or worry about other health measures, such as nutrition or slow acting herbal remedies.

On the other hand, it has long been pointed out that osteoporosis is not specifically caused by lowered estrogen levels in post-menopausal women but by eating much too high levels of animal protein products, including milk and milk products (!), meat, fish, chicken, and eggs. These animal proteins raise the phosphorus level in the blood to a high acid level that the body has to balance down to normal. Since milk products, supposedly high in calcium, are in themselves part of the offenders due to their high protein content, they are useless for the treatment of osteoporosis. The body has only one available source of calcium: bones. Calcium tablets or medical calcium supplements are poorly absorbed.

A new product on the market for only a few years, called "Fosamax", is highly toxic while it promises to reverse osteoporosis. Among other 'side effects' it can cause symptoms resembling a heart attack. Also a true fallacy exists when products like "TUMS", an ant-acid, is promoted to also act as a calcium supplement. You are not being told, however, that reducing the stomach acid with "TUMS" makes the uptake of calcium almost impossible!

Drugs are not the answer. When dealing with menopause problems, for example, there are certain

herbs such as black cohosh and dong quai that help overcome the symptoms. Also, to clear and reverse osteoporosis, carrot juice and a lot of fresh greens in salads and vegetables supply calcium in a biologically available form, in combination with other minerals, together with the all-important enzymes to properly lodge the calcium in the bones. In other words, with the Gerson Therapy, eliminating animal products and flooding the body with fresh living foods is again the answer. Many Gerson patients have shown that not only was osteoporosis halted, but also bones were actually rebuilt and restored.

There is an exception when it comes to taking pills. A product is available, called "Super Female Formula", produced and distributed by a company called "Physicians Choice". This material contains the above-mentioned herbs, plus several others, NOT hormones or drugs, and may be used, especially in combination with a good diet. It can be ordered at 1-800-249-6060.

Additional updates on health warnings published in earlier issues of your Gerson Healing Newsletter include extremely voluminous material coming out regularly on soy and soy products, along with problems caused by microwave ovens, also air-borne mercury vapors and other environmental toxins. It will take future issues of the Newsletter to describe and report on all of these. ■

Heart To Heart

GREETINGS FROM CLIENT SERVICE



As I reflect on the past year, we at the Gerson Institute have had many blessings such as the wonderful connections with patients, families and friends, both old and new. Our first official *Open House* in September proved to be an excellent gathering event where Charlotte and I spoke about current habits of eating trends and the toxicity that comes with them. Although we shared some ominous statistics, Charlotte then showed how the Gerson Therapy is truly a path to health and wholeness. Her healing stories of recovered patients continue to inspire so many people wherever she may go. This event brought enlightenment to some and inspiration for others to get "back on track." As always, we met many people using the Gerson Therapy who relished the support of the gathering. Drs. Bravo and Melendez graciously joined us to talk with patients as well. If you missed this one, join us again in January!

Many of you may know that we have been working hard to prepare for Module 1 of our important eight day **Practitioner Training Program for Licensed Professionals**. After revising the program, we now have a much more substantial four-module program that we can proudly share with the twenty-three physicians, naturopathic doctors, osteopaths, chiropractors and nurses who will be attending from the all over the world: the US, Canada, Malaysia, Australia, Spain, UK and the Netherlands. Immediately following the Module 1 training, eight practitioners will continue on with Module 2 at the clinic in Mexico to acquire a further, more in-depth knowledge of how to manage patients for long term care. Other practitioners will continue to fulfill their Module 2 internship in the

months to come. So our vision to create qualified practitioners fully endorsed as a Gerson Practitioner is well under way. This will also add greatly to our working knowledge of the therapy and create information for research data that can be carefully collected and documented.

position with Nan Southern who will become a part time employee as she eases her way into semi-retirement.

Nan is so well known and loved that full retirement was out of the question as far as the Gerson Institute were concerned. So we



Members of the new Gerson Therapy Oversight Panel after their first successful meeting.

Melinda Greven, our wonderful new member of the Client Services Department.

Historically, we have not had this opportunity but now we are laying the foundation of a program that can be offered to professionals as a well-known, respected therapy training for health and healing. And of course our Caregiver Training Program will continue to be the perfect complement to help meet many of the needs of our patients and families.

Also at the Institute we have someone new in the Client Services Department: Melinda Greven. She comes with the near perfect background for her position. She has taken her life experiences as lessons and deepened her own sense of the meaning of health and wholeness, as well as making the commitment to help people heal themselves. Many patients will be hearing from her in the near future. Melinda will be sharing her

welcome Melinda who is thrilled and excited to join us!

As I write this, the holiday season is drawing ever closer. Vicky has arranged a fabulous class in November, *Creative Cooking with the Gerson Therapy: Thanksgiving Gerson-Style*. Again, Yvonne Neiderstat will be sharing her wealth of wisdom and healthy eating creativity. We hope to share a few recipes from this class in the future.

For me, November also means a visit to Houston, Texas, as I carry the Gerson Therapy to the *Hepatitis Magazine Conference* on November 8th and 9th. Do you know that traditional medicine offers only the "wait and see" approach to literally thousands of people with chronic hepatitis? This means that while the patient waits, the liver slowly weakens and dete-

times: in February, April, June and August 2002. His CEA is normal. On his last doctor's visit, the doctor noted that there was no evidence of any cancer cells anywhere in his body. His upper endoscopy and abdominal and pelvic ultrasound scans were clear in February.

Art is planning to return to his normal activities, which include composing music for television and movies. He wrote the scores

for Jean-Claude van Damme's movie, "Double Impact" and Charlie Sheen's movie, "The Arrival," as well as many others before he was diagnosed with cancer. As a composer, he was also nominated for an Emmy.

This case is very exciting because gastric cancer (adenocarcinoma of the stomach) has a particularly poor prognosis especially when it has spread into the abdominal cavity. ■

FROM THE EXECUTIVE DIRECTOR

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later this has been done and we are thrilled with the results.

The process of redevelopment has been thorough and deliberate and a committee involving staff, Board members and international Gerson supporters has met monthly to monitor the details. Thanks to a stroke of luck, Dr. Melendez and Dr. Bravo came back into our world and are fully participating in all 4 parts of the training program. The five-day Module 2 internship has a complete, coherent structure to it, teaching tools have been developed and administrative staff at Baja Nutri Care and the Gerson Institute will monitor a practitioner's progression through Modules 3 and 4 of the program. By the time you read this newsletter 23 medical professionals will have embarked on our new Module 1 training with 6 of them continuing on to fulfill their internship. In addition, we will have developed a complete brochure describing this new training program that will be sent to all those practitioners who began this course between 1996-2000, inviting them to pick up where they left off. Our 7th Module 1 has already been scheduled for July 2003 and with others planned for Europe and Australia between

now and 2004.

So, as we end another year I would like to acknowledge this accomplishment. One of our core objectives is about to be met: medical professionals interested in treating patients with the Gerson Therapy can now enter and proceed through the Gerson Institute's four-part training program and subsequently join our referral list where they can become licensed and endorsed Gerson Therapy providers and further the work begun by Dr. Max Gerson over sixty years ago.

On that note I would like to thank the following people for making this happen. This has been both a rewarding and a unifying experience for us, made possible in part thanks to your donations, membership and support. My thanks go to: Sharon Murnane, Vicky Craig, Carol Beard, Shirley Tice, Janet and Gray Robinson, Gar and Christeene Hildenbrand, Dorothy Crowther, Alicia Melendez, Luz Maria Bravo, our two sponsors; Norwalk Juicers and s.a. Wilson's Therapy Blend Coffee; the entire Gerson Institute staff and Charlotte Gerson. ■

Yours in good health
Andrew Printer
Executive Director

riorates, often resulting ten to twenty years later in liver cirrhosis and probably liver cancer. Somewhere along the way, pharmaceutical drugs will be offered that may or may not do any good at all, especially since they are damaging to the liver and kidney.

This does not have to be the case. We have had hepatitis patients who have been given their short-term life prognoses of two to five years, or sometimes even much less. Well, they are alive and managing to keep their livers and bodies healthy by using the Gerson Therapy. After all, this therapy is both liver detoxifying and immune system building. I believe that anyone with an early hepatitis diagnosis can live a long and healthy life with the Gerson Therapy. Unfortunately, traditional medicine mostly practices the "wait and watch" approach. This is an insidious and deadly approach. Hepatitis is fast becoming (as predicted to be) one of the most prevalent and deadly diseases of the 21st century. People need to become enlightened and empowered, and the Gerson Therapy is one such path.

Remember to eat healthy and stay well over the holiday season. No cheating allowed lest you undo the good things you have been doing for months before. Have wonderful holidays and surround yourself with loving friends and family who will support you in the ways that give you joy, laughter, love and life. ■

In health and healing,
Sharon

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