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**John's Journey with Multiple Sclerosis**

PART ONE OF A TWO-PART STORY

*By Debbie Stout, John's wife*



*The physically demanding job of digging post holes, hauling many posts and 'setting' the posts of a new fence line are an example of the back-breaking manual labor demanded of a rancher. John is active and strong, and teaching his son, Grant, all the knowledge of ranching eight years after being diagnosed with MS.*

*To follow is the first half of a letter the Gerson Institute received detailing one family's struggle with an MS diagnosis and their subsequent journey healing with the Gerson Therapy. It is reprinted with permission by Mrs. John Stout. If you would like to share your story of recovery with us, please send it to us attn: Editor, Gerson Healing Newsletter.*

October 23rd, 2002, Dear Mr. Printer,

This is in regards to your request for a response from those remaining on a modified Gerson Therapy. My mother, Mrs. Ed Olson of Havre, MT, encouraged me to send the enclosed article I had written for several family members.

In thinking of what to add for your purposes, I decided the short postscript was sufficient. Other interesting, often amusing, aspects of our "Gerson lifestyle" would only confirm the original intent of the article: to explain how I admire my husband, how we appreciate the Gerson Therapy, and how we are still benefiting from its influences.

It is a disheartening fact that we find few, none actually, willing to put their "traditions" and habits aside to follow the Therapy — even if it involves a fatal disease and the end of theirs or a loved one's life. John's cousin is progressing rapidly into the acute stage of M.S. The cousin was diagnosed after John had begun to respond while completing the therapy, yet he has yet to accept or read one page of the Gerson books we have offered him. I know John thinks of him often: in his wheelchair, watching the seasons pass through a window in his ranch house while John is

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# GERSON HEALING NEWSLETTER

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## MISSION STATEMENT

The Gerson Institute is a nonprofit 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 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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[WWW.GERSON.ORG](http://WWW.GERSON.ORG)

## CHARLOTTE'S CORNER



### Jesus – A Vegetarian! *By Charlotte Gerson*

**Dr.** Georg Meinecke is a prominent, retired lawyer living in Germany deeply interested in healthy living. For some years, he and his wife have been vegetarians, living mainly on raw foods. Naturally, while studying healthy vegetarian nutrition, he also ran across the work of Dr. Max Gerson. He wrote several articles about Dr. Gerson, his life and his work that were published in a German nutritional journal by another raw-food vegetarian, Helmut Wandmaker. Dr. Meinecke also made a complete study of healthy, vegetarian nutrition through the ages. He quotes some 40 authors who, through several centuries, wrote and published studies on health and healing through vegetarian eating.

Studying this interesting booklet of some 193 pages, I suddenly ran across an item that completely amazed me: the original text of the New Testament clearly reported that Jesus was a vegetarian and preached against the killing of animals. I had been puzzled before concerning statements found in the Essene Gospel of Peace, a translation by Edmond Bordeaux Szekely of the Dead Sea Scrolls. In this translation, Jesus is reportedly speaking as follows: "He who kills, kills his brother. And the flesh of slain beasts in his body will become his own tomb. For I tell you truly, he who kills, kills himself...Kill not, neither eat the flesh of your innocent prey, lest you become the slaves of Satan... Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed, to you it shall be for meat...But flesh, and the blood which quickens it, shall ye not eat...If you eat living food, the same will quicken you, but if you

kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death." (p.39)

"And Jesus did heal every ailment and disease among the sick, even teaching the people the art of true health reform according to the natural laws of nature. Yea, for he taught the people healing properties of plants, even every herb and grass of the field, and the power hidden in stones (minerals)." Also in the Essene Gospel of Peace, (p. 30) while not related to nutrition, we find that Jesus told some people who suffered from bone pain to, "sink your feet in the mire [mud] that the embrace of the angel of earth may draw out from your bones all uncleanness and all disease." He pointed the people to the edge of the water where the sun's heat had softened the mud and clay along the riverbed. Romans also took mud baths and still today, mud/clay packs are used by Gerson doctors to help patients with pain 'to draw out toxins through the skin.' So, according to these findings, Jesus promoted both natural healing and a vegetarian diet.

Yet in the course of the Last Supper, Jesus is supposedly eating the spring lamb and drinking wine. However, the original New Testament stories (in Sanskrit and Aramaic) state that Jesus did not eat flesh nor take 'strong drink,' (wine) according to theologian C.A. Skriver. "Jesus named every fruit that God had given unto man as food and every vegetable that God had given unto the beasts and birds of the earth, yea, even the fishes did Jesus speak of..." Apparently, since fish do not have blood, He considered them suitable for food.

In 1881, an English minister,

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## FROM THE EXECUTIVE DIRECTOR



**Dear Members,**

In last month's issue of the *Gerson Healing Newsletter*, I included a photograph of our new **Gerson Therapy Oversight Panel**. At the time we were just embarking on the weeklong Module 1 training of our *Gerson Therapy Training Program for Licensed Professionals* so I would like to provide a brief status report about both of these important activities.

Module 1 of our four-part training was a great success: 23 practitioners from 10 countries took part in this newly structured training, with 6 of them completing their Module 2 internship at Baja Nutri Care. Now 4 of these practitioners are embarking on Module 3 of our training, which is the accumulation of 6 case studies over an 18-24 month period. We are well on our way to educating a new generation of medical professionals so that they are comfortable with the Gerson protocol. That is the goal of this program after all: to ensure that we have as many qualified Gerson Therapy practitioners as possible on our referral list for prospective patients who turn to us for help, no matter where they might live.

Applications for our next Module 1 training, scheduled for July 2003 in San Diego, will be available in January along with a new, comprehensive brochure describing the entire four-part program. Please contact our Education Coordinator, Vicky Craig, if you would like to add your name or the name of your health care provider to our mailing list.

Our first formal Gerson Therapy Oversight Panel meeting was held during the course of the Module 1 training week. The panel consists of many people frequently associated with the Gerson Therapy:

Charlotte Gerson, Gar and Christeene Hildenbrand, Alicia Melendez, M.D., Luz Maria Bravo, M.D., our own Sharon Murnane, RN as well as Janet Robinson, R.N. and Dorothy Crowther, R.N. from the U.K.

The goal of this panel is to create a forum where critical Gerson Therapy-related issues can be addressed and debated, allowing the Gerson Institute to establish a uniform opinion to share with our members, people doing the therapy at home and the general public. With so many pockets of Gerson Therapy activity existing

such as the decision to remove liver juice from the therapy in 1989.

Prior to the Oversight Panel's first meeting 30 topics were suggested for discussion by the eight panelists. On October 10th the panel deliberated one of them: how to evaluate an appropriate coffee that can be used and endorsed for Gerson Therapy purposes. After some discussion the panel established some research goals that will be discussed at their next meeting in order to establish a position that we will share with our members via



*The participants and staff of the 6th Gerson Therapy Training Program for Licensed Medical Professionals held in San Diego last October.*

around the world, a variety of contradictory opinions is beginning to be generated that can weaken the Gerson message. We often get calls from people ready to give up on the Gerson Therapy because of what they perceive as an inconsistency of opinion whether the subject is chemo, juicers or how to handle dental issues. In addition, there will occasionally be important questions to ask and communicate

a new periodic bulletin that will be designed for these purposes.

Initially, the Oversight Panel will meet 6 times a year. Hopefully we will chip away at the 30 topics that have come up so far, one meeting at a time. As we do, we will be sure to share our outcomes with you. Once again, the Institute's goal is to ensure that the core principles established by Dr. Gerson are maintained and that information

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# Delicious Gerson Recipes for the New Year!

**C**ongratulations to the winners of our Gerson Institute Recipe Contest! The submitted recipes were prepared by Vicky and voted on by our staff. We hope you enjoy these Gerson-style treats as much as we did! And a quick thank you to Yvonne Nienstadt, Gerson Chef Extraordinaire, (whose Pumpkin Pie recipe appeared in the last issue of our newsletter) for offering her expertise and help with our Creative Cooking class and providing inspiration for participants and staff alike!

## APPLE OATMEAL MUFFINS

*Submitted by Beth Hollar*

**Makes 6-8**

1 1/2 c rolled oats  
1/2 c oat flour or 1/2 c rolled oats blended to flour  
1/3 to 1/2 c raisins or dates  
1 1/4 c apples finely grated or run through the Norwalk using the grid with the largest holes  
1 T honey



Combine all ingredients and set aside until moisture is absorbed. Pack somewhat firmly into paper bake cups and put into a muffin pan. Bake at 350 degrees for 30 minutes. Remove paper cups while muffins are still warm, otherwise the paper may stick to the muffins.

## POTATO EGGPLANT STO' FURNO

*Submitted by John & Penny Fournakts*

**Serves 4 people**

1 large Eggplant  
4-6 Potatoes

### Sauce

1 onion  
2-3 cloves of Garlic  
about 800 grams fresh Tomatoes  
1 stick of Celery  
1 medium Carrot  
Parsley

Finely chop all ingredients, then place all except parsley in a saucepan and simmer until cooked. Then add parsley.

Thinly slice one large Eggplant and 4-6 Potatoes and grill until lightly browned.

Place one layer of Potatoes in a medium sized baking tray, cover with sauce. Place one layer of Eggplant above this and cover with sauce again. Repeat the alternating layers with the Potatoes and Eggplant, covering the final layer with sauce.

Cook in a moderate oven for about 1 hour.

*As an addition, Zucchini may be used.*

## TWICE-BAKED GARLIC CARROT POTATOES

*Submitted by Steve Bacon*

1 Idaho Potato  
1 Sm. clove garlic  
1 Carrot

Slice carrots and place in a stainless steel saucepan. Add one pressed clove of garlic and a small amount of water and simmer slowly until fully cooked. In a toaster oven or regular oven bake the Idaho potato until fully cooked. Remove the potato to a cutting board and let cool slightly.

Drain any remaining water from the carrot garlic mixture. Use a potato masher and mash the cooked carrots. Slice the potato in half length-wise and use a spoon to carefully scoop out the potato and leave the potato skin shell intact for filling. Add the potato to the contents of the mashed carrots and mix well. Spoon the potato/carrot/garlic mixture back into the potato skins.

Bake the filled potatoes at 350 degrees for about 10-15 minutes and serve.



## A BEAUTIFUL ITALIAN TOMATO SALAD

Submitted by  
Shirley Mallinckrodt Fraser

### Serves 2

2 large ripe tomatoes  
White onion or garlic  
Parsley  
Flax Seed Oil  
Apple Cider Vinegar

Cut Tomatoes into 1/2 inch thick slices and arrange on plate in single layer. Sprinkle diced, white onions over the slices (or finely chopped garlic). Pour a thin circle of flax seed oil over each tomato slice. Place two fingers over apple cider vinegar opening and sprinkle over tomatoes. Garnish with chopped parsley.



## BROCCOLI CAULIFLOWER SALAD

Submitted by Beth Hollar

Broccoli chopped in small pieces  
Cauliflower chopped in small pieces  
Peas  
Red onion chopped

Combine the above in amounts you desire. Dress with flax oil and lemon juice or yogurt dressing, if allowed.

## BAJA NUTRI CARE CREATIONS

The Gerson Healing Newsletter is excited to feature a new recipe created by the head chef at Baja Nutri Care, Martsol, each issue. So look forward to a new year of creative Gerson entrepreneurs!

### CABBAGE WITH PEAS

1/2 of a cabbage, chopped  
1/2 cup peas  
1/2 of an onion, chopped  
2 cloves of garlic, finely chopped  
bay leaves  
dill



Cook all ingredients together over a low flame for about 45 minutes. Add bay leaves and dill (spice to taste) at the end.

## HUGE HASH BROWN

Submitted by Colleen Johansen

Use a well "seasoned" cast iron skillet—that means one that has been used so many years that it is now virtually non-stick. While heating up the skillet,

Shred **2 medium Organic potatoes**, raw and unpeeled, onto a plate (a cheese grater works great)

Slide shredded potatoes onto warm skillet, spreading out potato until it makes a big patty at least 1/4 inch thick.

Turn heat to lowest setting. Cover for first 8-10 minutes so it cooks through and potato "sticks" together. Flip with metal spatula. Cook second side with lid off for another 10 minutes. It should now be crunchy and browned like the "real" ones you used to eat.

*Hints: You must use a metal spatula to scrape tightly against the cast iron. A plastic one will just cause frustration, as it will probably not lift up easily.*

*If the potato won't lift out of the pan, just keep cooking longer on low heat. Potatoes vary greatly in moisture content.*

*To keep a cast iron skillet nonstick: Do not wash with soap. Use a metal "chore girl" (scraper) and hot water. Dry with paper towel or by putting back on hot burner for a minute or so.*

*If you have already made the above mistakes and you want to "re-season" your cast iron skillet, generously wipe oil into the skillet and up the sides with a paper towel. Set it on a low heat burner or put it into a hot oven while something else is cooking to complete the seasoning process. Be sure to wipe out all excess oil before cooking Gerson Therapy foods.*

## John's Journey with Multiple Sclerosis *continued from page 1*

going about his usual work and play.

If people can benefit in even some small way by being exposed to the therapy, all your work will be worthwhile. Thanks to the entire Gerson group for providing the resources we needed. I'm sure others will thank you also.

Yours,

Mrs. John Stout

**In** answer to several reoccurring questions, I am going to recount our journey as a family dealing with Multiple Sclerosis. In the process, I hope to make clear that I admire my husband greatly for how he faced this devastating time. I feel he deserves a great deal of credit for the manner in which our entire family has benefited from this experience.

**January, 1995:** One day, John stepped out of his pickup and his leg would not move into the proper place to take his weight. He could not maintain his balance, and he fell.

This happened again and again. He began to walk in an exaggerated manner. The eyesight in one eye became very disoriented and virtually unusable.

**March, 1995:** John had Multiple Sclerosis. The specialist had explained that John had two of the three common identifying "markers" of the disease. The diagnosis was certain.

**This is where our journey began.** We had two questions for the specialist: **'What can we expect for a future?'** and **'Is there anything we can do?'** His best answer for both was, "We don't know — in your case." The very nature of MS is the individual variation among patients, both in the lifelong progression and possible effects of treatments. The one known fact was that there is no known cure.

For a few days, we were a very scared family. My husband is a rancher, and therefore used to

riding horses and ATV's, carrying fence posts and baby calves, and climbing in and out of grain trucks and tractors. He is an avid hunter, with not a single indoor hobby except to read about his outdoor interests. At the time, we had a four-year-young son and were just beginning our life together.

Finally, we decided we needed answers to our two questions. John continued with his work, struggling through the days. We began with the pamphlets we got at the doctors offices, the national MS association and the state organizations. I asked the library to send anything they could find on the subject — they found 32 books in-state. I read 26 of them in the next month, where I discovered that, "Fifty percent of those people [diagnosed with MS] were

remained with him day and night, for three months. His eyesight was terrible in the affected eye, and his leg did not move normally. Upon rising each morning, these troubles were there like a black cloud hanging over his head. After a typical long day of ranch work, he was exhausted and the symptoms were aggravated and intense. Spring weather had become oppressively hot for John and the high summer temperatures were yet ahead. How long could John continue to work — a year — or more?

The books stressed *accepting* MS and getting out of *denial* and *copying*. I realized we had to find answers to our original two questions. It seemed that *acceptance* of the disease was supposed to mean *RESIGNATION*. John agreed: we could not resign our-



*'The sky's the limit' when John surveys the world around him. Eight years after experiencing many debilitating symptoms of MS, John is healthy, vibrant and able to pursue his physically demanding outdoor hobbies. Fall sees him hiking over many miles of rough, hilly country. Photo by Edward Olson.*

completely disabled after 10 years...only about 70-80 percent of MS victims are still alive 15 years after the onset of the disease. After 35 years, only 30 percent survive." (*Prevention's New Encyclopedia of Common Diseases*)

John had been experiencing many various symptoms, but two

selfes to the daily dread of what the next moment might bring.

The best answer we had found for our question **'What can we expect?'** was that, by most accounts, John fit somewhere close to the most severely progressing category of MS patients. His symptoms, while not as severe

as they could have been, included all five types: motor, sensory, visual, vestibular, and genitourinary. They remained daily and we decided he could most likely progress steadily, until he would become wheelchair bound — if not bedridden — carrying around ice packs, a napping pillow, and wearing a urinary bag tied to his leg. We found it devastating, this attitude they call *acceptance*.

We moved on to the second question, **'What can we do?'** Several new medications used in clinical trials were designed to target various reactions within the immune or nervous systems to prevent further damage from taking place and thereby preventing additional symptoms from being added to the exacerbations. Steroid treatment was aimed at decreasing inflammation during the exacerbations and thereby keeping to a minimum any further damage they would have on the brain and nervous system. The best recommendation given was, "Some people find it helps." If no benefits were seen, another type would be begun. And so his life would go.

We found a few facts, or statements, generally accepted as true. MS is a chronic, progressive disease of the brain, spinal cord, and optic nerves together with the entire central nervous system. The cause is still debated but what happens is not. The myelin sheath, composed of protein, that surrounds the nerves is destroyed by the body's own antibodies in the form of two specific white blood cells.

We had covered a lot of ground in the months since we first heard of MS. We had found a few possible answers to our second questions, **'What can we do?'** One was "not much" — but that answer did now allow for a very happy tomorrow. If we *accepted* (by now, you can tell how I hate that word) MS, we were, in effect, resigning ourselves to a future of fear and worry. We accepted the fact that John had MS; we accepted the fact that he was having a difficult

time. It also remained that we wished for a normal, long and fulfilling life, as a happy family. We decided **not** to accept that MS would control our lives; we were determined to control the MS.

**April 20th, 1995:** We began a limited whole foods diet, with flax oil and herbal supplements as we found some explanation for their benefit. Dr. H.C.A. Vogel's notes and the Dr. Swank Diet contributed most to our guidelines. John's symptoms lessened somewhat. Most of his balance was restored but the summer heat and work took a heavy toll on John. Fatigue intensified symptoms by each day's end. All of his body systems affected still exhibited noticeable effects everyday.

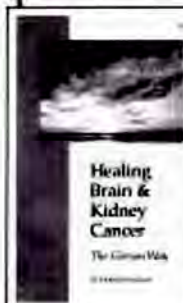
**December, 1995:** We discovered the Gerson Therapy and found that it could explain how each individual aspect of MS affecting the body related to each other. The Gerson Therapy could even explain why John had developed MS. Taking the well-accepted fact that MS is your body attacking itself, it could be concluded that your body wasn't working in a normal and proper way. And while it could not be determined what exactly caused MS to begin its takeover of John's body, Dr. Gerson had developed a therapy by which his body could begin working properly again.

Here we had answers to both our original questions: we could get John's body to work normally again — thereby preventing further damage. So we could expect no worse than the effects of the damage he had already sustained. With restored functions of all his body systems, we could even hope for some lessening of exacerbations and their devastating effects on his work and our family.

We began the Gerson Therapy with canned juices and any required supplements we had on hand. ■

*(Look for Part II of John's story in the next Gerson Healing Newsletter.)*

## TWO MORE BOOKLETS BY CHARLOTTE GERSON



The two newest additions to Charlotte's series of booklets documenting patient histories and testimonials are:

**Healing Prostate & Testicular Cancer the Gerson Way**

**Healing Brain and Kidney Cancer the Gerson Way**

The purpose of these booklets, according to Charlotte, is to "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 series of booklets is available through the Gerson Institute for \$3.95 each.**

### FROM THE EXECUTIVE DIRECTOR

*continued from page 3*

provided to every new person turning to us and to the Gerson Therapy is consistent and well informed.

On that note I would like to wish you all a healthy and happy new year. I will be back again in March with more news about what is happening at the Gerson Institute. Thank you for your ongoing support. ■

*Yours in good health  
Andrew Printer  
Executive Director*

# Heart To Heart

GREETINGS FROM CLIENT SERVICE



We have entered into the New Year with the holidays now behind us. Some of us were likely better behaved in the nutrition world than others. Still others committed to the therapy may not have wavered seeing this as a small sacrifice for a year or two having had so many holidays of variety and abundance in the past.

I find that more and more, keeping life simple is a good goal. While complex often seems to have its value (computer systems, phone conveniences, gadgets of all kind), I think we need to be mindful that balance remains truly necessary. To create balance, limiting the complex may be helpful. Simpler lifestyles alleviate stress and pressure and create more time. However, can we make our lives less complex in other ways as well?

Do we regularly rejuvenate our souls and spirits to help keep our mental/emotional world intact? Do we over-commit to too many things, people, and events? All of a sudden we can find ourselves overwhelmed and therefore becoming depleted — emotionally, physically and spiritually. Little by little there is less time to slow cook the organic food, shop for and clean vegetables while the juicer gets dusty, then moved to a less favorable corner or worse yet a closet or garage. These things can occur all too easily. What are our four or five priorities in life at the present time? List them now and make sure all choices we make are in accordance with these priorities.

We live in a world that applauds productivity despite exhaustion and high stress levels. People are revered for wealth, thousands of gadgets and knowledge of technology. But only a choice few will cheer you on for caring less about

how fast you go and how much you accomplish. Many people think and live life as a race. Are they really in such a hurry to cross that finish line? Trust that your health and your time on this earth is meant to be experienced in the present moment. Let us all breathe more,

tance. By the way, if you or anyone you know of (such as your company or a business) would be willing to sponsor the Institute for a monthly radio talk show, this would be a great way to donate and have a tax write off too, plus provide your



*Yvonne Nienstadt, Gerson Chef Extraordinaire, creates Gerson pumpkin pie and other vegetarian Thanksgiving treats at the Creative Cooking class held at the Gerson Institute last November.*

rest more, and take the simpler way of experiencing this rich life.

I would like to report that we had two dynamic classes here at the Institute before the year ended. One taught prevention and health maintenance while the other event was hosted by Vicky Craig and Yvonne Nienstadt who created a Gerson-style, vegetarian Thanksgiving. I heard it was "tastefully done and ravishingly delicious."

On the other hand, I was honored to be a guest on a local health-oriented radio show here in San Diego, "Forever Young" with Jim Evans. Jim supported the Gerson Therapy and Institute as he read from case histories he found on the Internet. He was very impressed with the results and recoveries. So many people called in asking for advice and assis-

business with advertising time. We need a supporter or donor to help us with this wonderful opportunity, so please contact the Gerson Institute if you are interested.

Of course, it is cold and flu season. Remember to check in with visitors (of all ages) as to whether they are healthy at the moment or recently exposed to virus or bacterial infections. If the answer is yes, then just stay on the phone with them, no direct contact. Wash your hands frequently when you go out and be mindful that crowds are not advisable this time of year.

Garlic, garlic and more garlic! Well, that should also help with crowd control. Placing four drops of Hydrogen Peroxide in each ear for ten minutes every four hours at the first sign of a cold may keep



it very short and localized. Homeo-pathic remedies, herbal teas with Echinacea or Echinacea/goldenseal extract will minimize unwanted upper respiratory invaders as well. However, use for a limited time only for maximum effectiveness. Nature is there to soothe us as long as we get extra rest along the way.

Have a good winter season wherever you are. This is a good time of year to get cozy, look inward at our lives and ourselves. Enjoy the journey. ■

*In health and healing,*  
Sharon

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

## Gerson Institute Approved Referral Program – Support Groups

Beginning in 2002 only those Gerson Therapy Support Groups in possession of a current 'Seal of Approval' decal (see above) will be listed in our literature and referred to by our staff. Please contact us if you are interested in any of the other contacts listed on the Gerson Institute Approved Referral List, including companions, practitioners and clinics.



Support Group	Facilitator	Contact	Email
Seattle, WA	Al Shafer	206-286-6623	
Farmington, MI	Susan Meinke	248-473-1419	
Paso Robles, CA	Simon Cohen, MD	805-226-9380	cohealing@icn.net
Sebastopol, CA	Dan Storm	707-823-1873	Bridgencra@aol.com
<b>England</b>			
Wirral, England	Wirral Holistic Therapeutic Cancer Care Center	0151 634-7316	
<b>Australia</b>			
Tewantin, QLD	Rasnah Alston	61 7 5449-0600	rmerglo@smart.net.au
Canberra, ACT	Stella Ashton, RN	2 62 60-8740	Stella.ashton@webone.com.au
<b>Canada</b>			
Burlington, QNT	Jacqueline Scanes	905-634-2457	bfi4life@sympat.co.ca
<b>Malaysia</b>			
Selangor Darul Ehsan	Snow Wee Tan	60 3-78776500	snowe@newlife.com.my
Kota Kinabalu Sabah	Dr. Lynn Tan	6088 246404	hdng@pc.jaring.my

## CHARLOTTE'S CORNER *continued from page 2*

Rev. G.J. Ouseley, obtained a copy of an original text of the New Testament, unknown up to that time. This uncorrupted text had reportedly been secured for centuries from all falsification in a Buddhist monastery in Tibet, hidden there by a man of the Essene society, of which Jesus was a member. Ouseley translated the text he discovered, and in that text Jesus was a vegetarian and preached against the killing of animals.

Then what was the reason for changing, expurgating and corrupting the original text? To answer that we have to examine what happened in 325 AD at the Council of Nicea. There is a great deal of information about this subject on the Internet, which is where I discovered most of the information below. It turns out that in 325 AD, the Church

Fathers appointed the Council of Nicea for the specific purpose of altering the original text of the Gospels. The people attending the Council were called 'the correctors.'

The problem was that the emperor Constantine severely opposed Christianity and persecuted Christians. The Church Fathers, on the other hand, tried to convert him to Christianity. They knew that he strongly opposed certain doctrines contained in the Gospel, specifically the prohibition against the use of meat and alcohol and even the recommendation of kindness to animals. Constantine, at his midnight feasts, loved red meat and the flowing wine too much to accept a religion that prohibited those pleasures. Thus these teachings were radically expurgated by the 'correctors' in the Council of

Nicea in order make the Gospel and its Christian teachings acceptable to Constantine.

The correctors insinuated that the commandment, "Thou shalt not kill" applied only to humans and that the slaughter of animals was not killing!

Ouseley gave his translated text of the original Gospel the name of "*Gospel of the Holy Twelve.*" The background and story can be found under that name on the Internet.

There is also additional information: Theologian C.A. Skriver showed, on the basis of numerous writings, that Jesus had never eaten meat nor taken wine. Another researcher, Gregor Wilz, (as quoted by Georg Meinecke) also refers to the original text of the Gospel, discovered in his view in 1901. ■