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**My Journey With Cancer**

*By Conni Spancake*

**I**t was while undressing after a day of teaching in May 1996 that I noticed a change in a mole on my left little toe. The mole had always been there, but as I removed my stocking that night I noticed a distinct difference in the mole — it was larger, darker and reddish. I am thankful for such keen perception. I immediately made an appointment to check the mole, and a month later a shaved biopsy reported a pathologic diagnosis of superficial spreading malignant melanoma. I underwent a re-excision at Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire on June 13, 1996. The doctor mentioned during the initial consultation that if the outcome was unfavorable, I might have to amputate my toe in the long run. The pathologic diagnosis of the re-excision was: superficial spreading malignant melanoma, Clark's Level IV, Breslow's depth of invasion 1.25 mm, and prior biopsy site, margins appear free of the tumor. I felt relief! At least for a while . . .

I was then referred to an oncologist who felt that I had a low risk of recurrence because of the Breslow penetration. He did not feel I needed a sentinel node biopsy, but rather to be followed on a regular basis by my physician. He said that my risk was highest for local recurrence at this point. I was not eligible for any particular protocol at this time.

I had never heard of melanoma. I recently turned 50 and had been very healthy up to that point — a



*Conni Spancake and her husband, John, enjoy a night out together.*

physically active non-smoker and non-drinker. I was already convinced of the body's ability to heal itself through a strong immune system. I was also leery of the drugs doctors often prescribed. Following the Dartmouth consultation, I contacted a naturopathic doctor in Plymouth, New Hampshire, and on July 3, 1996 after performing his usual iridology he prescribed numerable supplements geared for melanoma for eight weeks. I faithfully adhered to this protocol, and then continued on a modified protocol until my first melanoma recurrence. In May of 1997, a small figure-eight spot appeared at the edge of the scar left by the excision. This surprised both the ND and myself as I was diligently adhering to a strict nutritional regimen.

On May 22, 1997, a biopsy of melanoma recurrence on the original site was confirmed. I then embarked on an intense investigation of options and read many books

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# GERSON HEALING NEWSLETTER

Vol. 18 No. 3 May/June, 2003

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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:

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## CHARLOTTE'S CORNER



# A Frightening New Development

By Charlotte Gerson

On Tuesday, March 18, 2003, a large front-page article entitled, "Heart Disease Hits the Preschool Set," by Tara Parker-Pope appeared in the Personal Journal (section D) of the *Wall Street Journal*.

The report gives a frightening picture of foods consumed by children ages 3-6. Apparently mothers consider chicken nuggets a safer alternative to burgers, hot dogs and potato chips. "After all, it's just breaded chicken," said one mother, "how bad could it be?"

Researchers state that nuggets can be detrimental to one's health. They are not just chicken (and commercial chickens are injected, hormone treated, and extremely unhealthy, according to Dr. Virginia Livingston); but the nuggets contain chicken skin, which a cautious mother would normally remove due to its fat content. Also, when formed into "nuggets," fillers are added, the nuggets are breaded and then deep-fried. The breading absorbs a great deal more fat than the meat would pick up. The nutritional analysis of a 6-piece McDonald's Chicken McNugget meal (108 grams) contains 310 calories, 180 from fat, 15 grams of protein and 680 mgs of sodium. The fat content is 20 grams; the percentage of fat is 58%. The article goes on to compare these numbers with 72 grams of roasted, skinless chicken breast, which has 22 grams of protein and less than 1 gram of fat!

Children's diet is becoming more and more restricted. They develop a taste for the deep-fried, salted nuggets and refuse other foods. According to the author, many parents complain that their child simply won't eat anything else! One working mother says, "her five-year old eats chicken nuggets four or five times a week and will

eat very little else." She is glad the child eats *something*.

In an accompanying article, also on the front page of the same issue of the *Wall Street Journal*, Ron Winslow reports that, "Doctors and public health leaders around the U.S. are grappling with a troubling reality: warning signs of heart attacks and strokes that kill adults can be tracked in children as young as two years old." Also, the percentage of overweight kids has tripled in the past 20 years to 15%. Joan Carter Clark, a dietician at the Children's Nutrition Research Center at Baylor College of Medicine, maintains that a child who eats a meal of nuggets and drinks a soda might meet his or her need of energy, but does not satisfy the child's nutritional needs. Clearly, the items they consume do not contain one mineral, vitamin or enzyme!

Actually, the problem children face goes much further than their consumption of high fat and low nutrient foods. A good part of their health depends also on normal function of their hormone system. Some 20 years ago, Dr. Broda Barnes, MD, published a series of books on thyroid activity after several dozen years of thyroid research. One of his major volumes is called, *Hypothyroidism: The Unsuspected Illness*. A companion volume has the title, *Solved: The Riddle of Heart Attacks*. With his vast background in thyroid studies, he discovered that heart attacks are seen mostly in people with low thyroid function. Since the thyroid gland (and its hormone, thyroxin) regulates the body's metabolism, it is very much involved with burning ingested fats. Over the years, we have broken down and damaged

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## FROM THE EXECUTIVE DIRECTOR



*Dear Members,*

In this month's issue I would like to announce three organizational advancements that we are excited about. As per our mission ***the Gerson Institute is dedicated to the healing and prevention of chronic and degenerative diseases based on the vision, philosophy and successful work of Max Gerson, M.D.*** The following developments have all been made with that purpose in mind.

First of all I am happy to announce that our Client Services Department has been renamed and will now be known as **Gerson Support Services**. The word 'client' has long been an awkward fit for us because it suggests a relationship with the general public that is far less supportive than it actually is. The five women whose picture appears in the Heart to Heart column on page 8 will continue to provide callers with compassionate and informed Gerson Therapy guidance and they will still maintain a strong relationship with recovered and recovering Gerson patients as they have done for years. Now, however, their collective title will speak more appropriately to the role they play in the lives of the many people who turn to them for help and advice every day.

Secondly, I would like to direct your attention to our website which can be found at [www.gerson.org](http://www.gerson.org). Our website has long been one of the most effective ways for an international audience to learn more about the Gerson Therapy and those resources offered by the Gerson Institute. Positive feedback has consistently been made about its design and the volume of information available there. However, in recent years it

was becoming rather hard to navigate and of course it was less and less reflective of the range of new programs offered by and at the Gerson Institute.

So, in anticipation of a new brochure (stay tuned for that) our **website** has been re-designed so that it is simpler to navigate for first time users, members, medical professionals, recovering Gerson patients and people interested in online shopping. As you will see there are several pages still in development and these will be updated in the coming year. These yet to be developed pages include special areas for members, recovering patients and practitioners enrolled in our four-part Training Program for Licensed Professionals. Information available on our website now, (and for the first time) includes the complete and regularly updated Gerson Institute Approved Referral List with web-links and contact information for each licensed entity. This is a great feature for both our licensed Gerson providers and prospective patients who might want to contact an Institute endorsed practitioner or Support Group without going through us.

Finally, one feature of our new website that has yet to be fully determined is very exciting for us because it is a program that we have visualized for many years. Information for our brand new **Gerson Patient Assistance Fund** will eventually be found at the Patient Support 'Quick Link' under the Gerson Therapy button. The policies and procedures for this program are still being finalized but our intention is to establish a fund that will be made available to potential

patients who are ideal candidates for successful healing with the Gerson Therapy at a licensed Gerson clinic but who would not be able to afford clinic care without some financial assistance. This fund will not be able to help everyone requesting assistance, which is why carefully considered pre-screening criteria is being developed. However, until a day arrives when treatment with the Gerson Therapy is covered by health insurance in the U.S. and elsewhere (an objective we intend to focus upon in the future) we hope to offer this resource that will hopefully help at least a handful of qualified applicants each year.

Ordinarily, I would not share this news with you until the program is completely in place. However, our new fund has been established quite quickly thanks to a donation that has already helped one person who is showing great progress. So, limited funds are still available that we would like to offer to a second person before our fiscal year ends on May 31st. At the moment the fund balance does not have enough for a full 2 weeks stay (what we would like to provide), so we are pulling out all the stops to help raise funds for a second patient for 2002/2003.

If you are interested in getting this program off the ground and would like to help someone else begin the healing process with the Gerson Therapy then I would like to invite you to send a tax-deductible donation of any size payable to the Gerson Institute. Make sure to send it **to the attention of Gerson Patient Assistance Fund**. Any contributions that arrive after May will

*Continued on Page 5*

# A Wonderful First Year for Baja Nutri Care By Kristina Wylie

Since its opening just a year ago, Baja Nutri Care has undergone a series of improvements that only enhance its nurturing and healing environment: the recreation room now holds two trampolines, an exercise bike and treadmill; all rooms contain TVs, telephones, ozone generators and space heaters; the exterior is newly painted; the grounds are now home to myriads of colorful, blooming flowers; and a heater for the non-chlorinated pool is on its way.

Colleen Johansen was one of the first patient arrivals last May to Baja Nutri Care to use the Gerson Therapy for Melanoma and Crohn's disease. She recently returned to the clinic in January to continue learning the therapy and working with the doctors. She was also able to appreciate many of the remarkable changes that have taken place at the clinic; especially those changes geared towards patients needs from major improvements like a better procedure for keeping clay packs on (the nurses wrap them in bandages so the patients have mobility) to constant bowls of organic fruit and snacks in between meals in case patients or companions get a little hungry. She even comments that the food had improved: "The oatmeal tasted even more wonderful the second trip. How could that be? It truly was!"

In describing her observations of the clinic, Colleen uses the word "compassionate." She also liked how "the doctors were so willing to work with our own individual needs" and comments upon the warm "smiles of girls bringing our juices." When Colleen first arrived at the clinic, the rooms were sparsely decorated, the exterior still being renovated, and the staff still learning their routines. Yet 7 months after her original arrival, Colleen could tell how many improvements had been made for

the patients, including "extras" like birthday and anniversary parties, where a Mariachi band serenades the group during lunch and there are balloons, dancing and even Gerson cake!

Jim Beckham, another Gerson patient familiar with the clinic, keeps in touch with over 30 patients from the clinic, since each group of patients form lasting bonds and friendships to create a true Gerson

*Right: Patients at the clinic relax in the courtyard*

*Below: Patients and companions enjoy another wonderful meal by head chef, Marisol.*



*Donald Stillings, DC, Young Lee, MD and Shannon Brown, ND proudly display their certificates upon completion of their Module 2 internship at the clinic*

healing community. Jim also remarks upon the dedication and devotion of the doctors and the staff: "It feels like it's more than a job. They care so much, even the staff feels like an extended family." In the dining room patients can find a guest book containing former patients names and contact information, as well as a journal section where patients share their experiences, offer hope and guidance for future patients, and express their thankfulness to the staff and doctors of the clinic. Even by reading just a couple of entries, one can sense the amazing

impact the doctors and the clinic has had on those who spend a couple weeks healing there. A more powerful testament to the atmosphere and energy of the clinic are the results the doctors are beginning to see. Dr. Bravo commented on the fact that the staff is noticing healing reactions, healing fevers and other signs of healing like the clearing of skin in patients that are residing there 3-4 weeks. She attributes this not only to the attitudes and dedication of the staff and patients, but also to the kitchen's strict adherence to organic foods. The doctors and kitchen staff alike pay close attention to the produce delivered, and promise that all foods served to patients and companions are certified organic.

Not only is BNC working on clinic improvements, but also improvements in their programs like Module 2 and Module 3 of the **Gerson Therapy Training Program for Licensed**

**Professionals** so that patients can have further support upon their return home. Both doctors work individually with trainees and offer guidance and tutorage for each case presented. All the work put into the clinic, its patients and its programs is laying a strong foundation for a wonderfully healing network of Gerson trained physicians and recovered Gerson patients.

Dr. Bravo also admires the enthusiasm of her staff. She exclaims, "Each individual, from the cleaning lady to the kitchen staff to the nurses, cares so much about the welfare of the patients, and is proud to be a part of the clinic and it's mission." This warmth and caring disposition of the staff is something felt by every patient and companion.

52 weeks and 133 patients later, the clinic continues to evolve to better facilitate the Gerson patient physically, emotionally and spiritually. The doctors have put heart

and soul into the creation of Baja Nutri Care, and one year later the care and effort is manifesting itself in the healing and appreciation of patients. We thank Baja Nutri Care for their hard work, dedication, and unwavering support of the Gerson Therapy and its patients and look forward to many more years of working hand in hand to further the work of Dr. Max Gerson. ■

#### FROM THE EXECUTIVE DIRECTOR

*continued from page 3*

be made available to applicants in our next fiscal year.

Hopefully each of these significant steps will be of great news to you. Chances are they originated from your feedback, which is always taken into consideration. Thanks for being such great supporters and take care of yourselves during these uncertain times. ■

*Yours in good health*

*Andrew Printer, Executive Director*

## BAJA NUTRI CARE CREATIONS

Enjoy this Gerson recipe by head chef Martsol . . .



## GERSON COOKIES

- 16 oz. of rolled oats flour (or dry oatmeal in a blender)
- 16 oz. of rolled oats
- 4 bananas (mashed)
- 4 oz. honey
- 4 oz. raisins
- 4 oz. apple sauce

Mix all ingredients and then bake for 20 minutes at 350 degrees

## 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 will be listed in our literature and referred to by our staff. Please contact us or visit our website 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 Shoeler	206-286-6623	
Farmington, MI	Susan Meinke	248-473-1419	
Paso Robles, CA	Simon Cohen, MD	805-226-9380	cohealing@tcsn.net
Sebastopol, CA	Don Storm	707-823-1873	Bridgeinca@aol.com
<b>England</b>			
Wiral, England	Wiral Holistic Therapeutic Cancer Care Center	0151 604-7316	
<b>Australia</b>			
Tewantin, QLD	Rasunah Alston	61 7 5449-0600	innerglo@smart.net.au
Canberra, ACT	Stella Ashton, RN	2 62 60-8240	Stella@webone.com.au
<b>Canada</b>			
Burlington, ONT	Jacqueline Scanes	905-634-2457	bfit4life@sympatico.ca
<b>Malaysia</b>			
Selangor Darul Ehsan	Snow Wie Tan	60 3-78776500	snowie@newlife.com.my
Kota Kinabalu Sabah	Dr. Lynn Tan	6088 246404	hclmg@pc.jaring.my

## My Journey with Cancer continued from page 1

on alternative therapies trying to figure out how I could have gotten melanoma. I was beginning to realize how serious and insidious cancer was. What was wrong with my immune system? Why had my natural bodily defenses failed me? Was it emotions, negative thinking, a weakened immune system — or all of the above? I had to find out. I did not want my toe amputated and set out to exhaust every possible avenue to avert this verdict.

After reading *A Cancer Battle Plan*, by Anne Frahm I went on a one-week juice and enema fast. After that I read *The Grape Cure*, by Johanna Brandt and embarked on a three-week grape diet. I wound up losing over twenty pounds and got very weak and had to abandon this diet. I checked into colonics as that sounded like a needful thing and had two appointments. However, I was so cleaned out from the grape diet that the therapist remarked how clean I was. (A grape fast probably is, by itself, sufficient for cleansing the intestinal tract and colon.) After calling a friend in Maine who practices alternative, natural approaches, I began to receive items in the mail from her friends. I got a box full of books on alternative healing and personal journal pages from a woman whose husband lost his battle with melanoma. An oncology nurse sent me a wonderful book called *The Cancer Conqueror* by Greg Anderson, which dealt with the emotional side of cancer. I liked this book and read through it carefully while documenting past ordeals in my life taking the time to resolve and forgive. Someone sent me a copy of an article about the Gerson Therapy then administered at the Sedona, AZ clinic and its high success rate with melanoma. I tucked it away with all the other materials I was collecting.

I also had extensive dental work completed during 1997 and 1998. All my metal crowns were replaced

with porcelain crowns and any remaining mercury fillings were replaced with bonded poster composition. I was getting an overhaul.

On July 22, 1997, nine weeks after the first recurrence, I had the toe amputated at the Dartmouth-Hitchcock Medical Center by Dr. Forst Brown. This was an intense time of seeking other options. I felt like Christ in the Garden of Gethsemane asking to "let this cup pass." In the end I could see no other way than to yield to the pressure and fear and have the amputation. I had been reassured that my balance would not be affected and that I would be able to walk normally. I know now that I could have started the Gerson Therapy at this point and saved my toe, but it wasn't until the second recurrence that I took a serious look.

The amputation left me feeling like I had lost a part of "me"—even a little toe. I better understood how people feel after losing limbs. But the reality is that the real me was still intact.

I made it to May of 2000, almost three years after the amputation. Then I noticed another pink spot on the original site and returned to Dartmouth-Hitchcock Medical Center to confirm a second recurrence. After consulting with the head of oncology, I had a CT Scan of chest, abdomen, and pelvis. It turned out to be negative. He then recommended sentinel lymph node dissection. If positive the options offered were: (1) more lymph node surgery plus adjuvant high dose interferon, (2) no surgery plus adjuvant high dose interferon, (3) observation, (4) alternative treatment. I had the sentinel lymph node dissection because I wanted data.

The lymph node dissection was positive with a pathologic diagnosis of metastatic melanoma, single microscopic focus, confined within the subcapsular sinus. I was dealing with spreading melanoma of the microscopic type. What was I

to do next? My body still was not fighting the spread of this disease. After reading the protocol of the research study for Interferon-alfa as adjunctive therapy for resected stage III melanoma, I quickly rejected this choice. There are many possible side effects and a very low success rate. I have since talked with several people who had the high dose interferon-alfa and who abandoned the treatment in the middle due to severe side effects. Some even experienced further spreading.

That was enough to turn my full attention to the Gerson Therapy. I reasoned that I could eat organic food and drink live juices for two years rather than undergo a year's worth of synthetic shots with a poor success rate. I knew my whole body would benefit and my husband could join me. This diet made sense in restoring health the natural, non-invasive way. My doctors at Dartmouth-Hitchcock Medical Center were supportive of my decision and wished to stay involved. To this day I continue to see my doctor for checkups.

After speaking with kind and helpful people at the Gerson Institute my husband and I began making plans to go to the licensed Gerson Clinic in Mexico. At first I thought I would do the therapy at home after purchasing *A Cancer Therapy*. Upon further consideration I felt it would be better to be under a doctor's care.

We arrived at the Gerson Clinic on August 11, 2000. It was a wonderful experience, meeting many wonderful people and sharing stories. It was there that I met Charlotte Gerson for the second time. (The first time I met Charlotte was at the Renew You Expo in Boston, Massachusetts in May 1998. She was speaking on the Gerson Therapy that I had read about from the article I had tucked away in 1996. I was

impressed with her knowledge and countenance.) She comes to the clinic to see all the Gerson patients. I knew that this woman had answers. She is a fountain of knowledge and understanding, and I am thankful for her dedication in keeping her father's "diet" alive and available to whoever will partake.

Upon our return home from Mexico, support and help poured in. My four daughters, after conferring among themselves, scheduled individual visits to help with juicing so my husband could have a break. My husband lovingly and willingly helped me juice and ate along with me. In fact, he did the modified therapy for six months for high blood pressure. While on the intensive therapy, I experienced aches and tiredness but was able to maintain a normal lifestyle. I had only a couple of healing reactions.

The Gerson Therapy changed our lives. I enthusiastically shared this newfound way to health with many people and continue to do so. After the two years on the formal therapy we continue to eat much the same way and juice each day. In fact, my husband is back on the modified therapy because of an achy joint problem, possibly polymyalgia rheumatica, which he has been dealing with since late September 2002.

After doing the therapy for two years, I checked with Sharon Murnane, RN, at the Gerson Institute regarding transition and "life after the therapy." Basically, she recommended that I continue eating organic vegetarian food and drink 24 ounces of juice each day with 3 drops of lugol and 2 Tbs potassium compound and stay off the salt and fat. I inquired whether there was any test I might get. She told me about the AMAS Test which is moderately diagnostic. My test results were normal.

Apparently, some melanoma can be of the fast spreading type. I am thankful to God that mine was not.

When people ask me whether I'm healed of cancer, I say, "Yes, I believe I am." I am confident in the scientific basis for the Gerson metabolic therapy, the power of prayer, and the power of our God-created immune system to heal itself. I realize I am responsible for my own healing. ■

**Connie is helping the Gerson Institute host a free lecture (5/29) and a Caregiver Training Weekend (5/30-6/01) in Laconia, New Hampshire. If you would like more information on either of these events please contact the Gerson Institute at 888-4-GERSON.**

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## CHARLOTTE'S CORNER continued from page 2

the thyroid gland, especially in children, due to the extensive use of fluoride.

One of the most serious effects of fluoride is its ability to displace iodine from the thyroid gland, thus attacking and reducing the secretion of thyroxin. We particularly flood the children with fluoride due to the widely publicized propaganda that fluoride supposedly keeps children from developing cavities. It is now impossible to obtain toothpaste in regular stores without fluoride. Each tube carries a warning saying that children under 6 should not be allowed to use fluoridated toothpaste 'without supervision.' The warning on the tube of toothpaste also urges that parents whose children have swallowed this toothpaste should contact poison centers! Parents remain unaware of how much poison the kids regularly ingest, or that it has a serious effect on their health, metabolism, and contributes to obesity!

Fluoride is not only contained in toothpaste. With the widespread use of fluoridated water (some 52% of cities and towns in the U.S. fluoridate their public water supply), children drink fluoride in water. If the mothers buy orange juice from concentrate, the concentrate is subsequently diluted with water likely to also contain fluoride. Further, children are washed and bathed in fluoridated water. During a nice warm bath, open pores absorb a good deal of

fluoride through the skin.

What can a parent do? First of all, discard any fluoridated toothpaste. Try to obtain some without fluoride in health food stores (CAUTION: even in health food stores, some toothpaste contains fluoride!). If you can't find any, have the child brush with just water, distilled water if your tap water is fluoridated. Provide distilled water for the child to drink and for all other uses.

While chlorine is a lot less active and therefore less dangerous than fluoride, it also displaces iodine from the thyroid gland and inhibits thyroid function, therefore compounding damage. Chlorine is even more generally contained in public water supplies. It can usually be boiled out (CAUTION: Fluoridated water, boiled, simply concentrates the fluoride; it cannot remove it!).

As we have learned from Dr. Gerson, all chronic disease has two underlying causes: deficiency and toxicity. The terrible childhood addiction to nutritionally devoid foods like chicken nuggets in addition to fluoridated toothpaste and water sets a perfect basis for developing chronic disease. In my opinion, it is not only the beginning of heart disease. While I have not seen any studies to that effect, it has been shown that cancer is the #1 killer of children under 17. Could the depleted food together with poisoned toothpaste and water not also bear part of the blame? ■

# Heart To Heart

GREETINGS FROM SUPPORT SERVICES



Greetings to all from Gerson Support Services. For some this breath of spring is a wonderful gift if you have weathered snowstorm after snowstorm in the Northern tiers of the US and Canada. Spring also brings to mind the need for that all-important *Spring Cleaning Gerson Style*.

For those who are currently on the therapy for treatment, continue to proceed as directed. For others who have been healed or use the therapy for health maintenance, this is the time to set aside two to three weeks for your body's spring cleaning. Accumulated toxins need to go! Spring and fall are the ideal times for accomplishing this goal and it is vitally important for all of us to commit to this exercise in self-healing.

For recovered patients it is a very important benefit to the body that needs an "immune system boost." So cook up the Hippocrates Soup, buy all foods for a complete Gerson diet and increase your daily juicing. We advise doing the "full therapy" for two weeks and a modified therapy for an additional one to two weeks. At the very least, do a "modified therapy" protocol (see Charlotte's book, *The Gerson Therapy*, for excellent guidelines) for three weeks. You will feel so much better physically and emotionally after taking the time and energy to restore and cleanse... truly the best insurance policy you can buy!

On another note, I must share news from the beautiful Baja Nutri Care Clinic in Mexico. The doctors continue to receive such amazing accolades and see such amazing results, like that of Maria.

I was there on a regular visit to Baja Nutri Care, enjoying yet another great Gerson lunch, when Maria arrived. I was surprised because Maria really looked to be

in a pretty sad state of affairs: her doctors back East estimated only a few months more; she suffered from bile duct cancer that was inoperable with legs so swollen she was confined to a wheelchair; she took 45 units of insulin daily and anti-hypertension medication and her appetite was nil except for items on our "forbidden food list" to name a few issues (never mind heart bypass surgery in the past). She couldn't even eat for the first three days.

But whom did I see two weeks later in the same body? Maria, up walking and nearly dancing, smiling, enjoying all her Gerson juices and foods. Her insulin requirements were down to 15 units per day and she had lost much unwanted water and body weight. Maria had transformed

and now had great hope for recovery and a future. Her wonderful, loving, supportive family was there with her. I can't say enough about their faith and encouragement. Maria is back home now two months later with a trained "Gerson Companion" doing exceptionally well. She continues to improve and her doctors are in awe of her energy and light, because this lady truly radiates health and healing. Carry on, Maria, we love you and thank you for letting us share your story. ■

*In health and healing, Sharon*

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



## Summer Apple Alert!

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

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

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



# Membership Survey Results

We recently sent out 300 membership surveys to a random selection of members, and 84 (28%) people completed and returned the questionnaire. This overwhelming response was both welcome and wonderfully encouraging as many of the comments validated our work here at the Institute. A warm thank you to all who responded!

Your comments about membership levels and benefits will be extremely useful as we plan for the future. Many of you support changes in benefits and pledged to increase membership while others answered honestly that although they would like to offer more monetary support, it wasn't financially possible at the time. Regardless of giving levels, the Gerson Institute is most grateful for any support possible so we can continue to educate the public about the importance of nutrition and detoxification as well as offer more programs for patients following the Gerson Therapy.

Thank you again for your participation. While the questionnaire was quite lengthy, here are a few highlights and look out for an expanded newsletter and more benefits in the months to come:

Please rank in order of importance the benefits that are currently being offered at our six levels of membership.

## Member Ranking of Current Benefits April 2003



Will you consider upgrading your level of support when you receive the Gerson Institute's first Membership campaign appeal?

Yes 47%  
No 44%  
Maybe 9%

**Thank you to all who expressed their valuable opinions and suggestions. Here are a few of the wonderfully supportive comments and testimonials:**

*If any serious health problem should befall my body I would make a beeline to the clinic. Thank you deeply from my heart for being there.*

*I'm so proud to be a member and to be affiliated with such a beautiful organization. Thank you Dr. Gerson and Charlotte!*

*Even though my mother passed away as a result of her cancer, she was much more comfortable to the end. The organic food I eat has kept me healthy!*

*As an Alzheimer's caregiver for my wife there tends to be a feeling of being all alone on a very difficult journey. Being a member of the Gerson Institute helps me feel that you are out there supporting me by providing helpful information.*

*I will always be indebted to the Gerson Therapy for helping me to overcome Hepatitis C in nine months. My tests came back negative in May 1999, and I still remain negative today. Thank you!*

The following benefits are being considered for the different levels of membership. Please rank in order of importance.

## Member Ranking of Proposed Benefits April 2003

