



ESSENTIAL BIMONTHLY HEALTH NEWS FOR GERSON THERAPY PATIENTS AND HEALTH CONSCIOUS INDIVIDUALS — FROM THE GERSON INSTITUTE

Thoughts on the Gerson Therapy

by Michael Gearin-Tosh

Dr. Gerson wrote that many patients die simply of fear (see *Healing Newsletter* vol. 17, Jan. 2002). What cancer patient is not afraid? And fear is destructive. As the poet John Donne wrote,

Oh, how feeble is man's power
 That if good fortune fall
 Cannot add another hour
 Or a lost hour recall.
 But come bad chance
 And we join to it our strength
 And we teach it art and length
 Itself o'er us to advance.

We allow our fears to sabotage us. We encourage them. In this sense, we can kill ourselves.

Robert Kyle is the senior professor of my cancer, myeloma, at the Mayo Clinic. He writes in my book *Living Proof: a Medical Mutiny*, that "as a matter of fact, the patient who fights the disease does much better than one who does not. I have seen the latter literally

continued on page 7

Patient Story:

Frank Gill ... *A Second Chance*

5-22-03

My Dear Friends,

The best thing that ever happened to me is when I met my wife Judy and the smartest thing I've ever done was to go to the Baja Nutri Care Clinic in Mexico. "Why?" you ask. By going to Baja Nutri Care Clinic, it not only saved my life, but it can save yours too! I have been given a second chance!

Hello, my name is Frank Gill. I am 58 years old. I have severe sleep apnea, pulmonary heart disease, diabetes, high blood pressure, gastric ulcers, gastro-esophageal reflux disease, chronic headaches, chronic fatigue, insomnia and depression.

Before I was diagnosed back in the early 90's with severe sleep apnea, I would stop breathing at night. The intervals of not breathing without a CPAP would range from ten to fifteen seconds to an astonishing two minutes forty five seconds, hundreds of times a night. The doctors told me it's a wonder that I did not die of congestive

heart failure, due to the severity and the length of time it went (twenty years plus) before being diagnosed. In 1997-98 a Dr. Kluger performed two major nose surgeries to try to unblock my nasal passage, with little or no improvement. In April of 2000, a stent was put in my heart, in June I had a triple bypass and in September, a lung operation. Then in January of 2003, my gallbladder was taken out due to stones. The doctor came in that night and told me that the operation went well but that there was something wrong with my liver. He told me that he had done a biopsy and would let me know the outcome in a few days. I was diagnosed with fatty liver, that I had 50% or less of my liver left and that the cells were dying faster then they were regenerating. My family doctor said there was nothing that could be done for me, to go home, look out the window, because I may have only months to live. Well you could have knocked me over with a feather, especially when this was the second time, in three

continued on page 2

- Frank Gill: A Second Chance page 1
- Thoughts on the Gerson Therapy page 1
- From the Executive Director page 3
- The First Gerson Patient in Mexico page 3
- A Miracle in Wisconsin page 4

- Healing Allergies without Pills page 5
- Charlotte's Corner: The Drug Scene — An Update page 6
- An Extraordinary Response to Treatment page 8
- Used Juicers Available page 9
- Classifieds and Notices page 10

IN THIS ISSUE...

- Gerson Institute Supporters 2003 page 11
- Gerson Institute Membership Form page 11
- 2003 Gerson™ Therapy Lectures and Conventions page 12

Frank Gill ...

continued from page 1

years, I was told I may have only months to live.

I went home and told my wife and we had a good cry. Then we talked about getting treatment through The Gerson Institute in San Diego, which we had heard about from our dentist, who had stage four melanoma and had been on the Gerson Therapy years ago with very positive results.

One month later my wife/companion Judith and I arrived at The Baja Nutri Care in sunny Mexico. Your companion at the Clinic is just as important as the therapy you are getting. Without the help and strength of my wife I don't think I could do the Gerson Therapy at home with as much vigor.

Let me back up a minute. In June 2000 I woke up from a triple bypass in the hospital. There was so much pain, *so much pain*. I could smell the pain, I could feel the pain. I could see that helpless, hopeless look in their eyes. My heart cried out, I'll never forget that day. When I would come down to breakfast in the morning at the Clinic, I would look into the eyes of my fellow patients, I saw hope in their eyes. They were not helpless; they were doing something about it. I knew right then and there that I had made the right decision in coming to the Baja Nutri Care hospital. This was a 180 degrees

difference from what I had become accustomed to in the U.S. hospital. My doctors back home told me I was wasting my money by coming down to one of those rip-offs in Mexico. Sound familiar? For years I have never felt normal as far as feeling good went. I would wake up in the morning and my day was measured in a negative 1-10 scale, 10 being the worst. When I came to the clinic I was about a 6 or 7. The life force in my body was leaving at such a fast rate that I also felt at that point, that maybe I only had a few months left. Within a matter of days at the clinic I could feel the effects of the therapy. I noticed that my fatigue had turned into energy and I was able to walk about one mile a day. I have not been able to walk that distance in fifteen years. When my twenty-one days had come to an end, I was able to walk three or four miles every day.

I must tell you all about one wonderful side effects of the Gerson Therapy. Around week two, day three, Dr. Melendez and I were talking; I told her that something was happening to me. I did not know what it was but it was not a bad thing. About four or five days later it hit me what it was. The organs in my body were flushing out the toxins and the most important organ in your body is your brain. All my life I have been able get from point A to point B in my mind, however over the years getting from A to B was getting harder and harder. It was like looking across the street at a street light in the fog. All you can see is the halo around the light. Then when you start your mind's journey from point A to point B, it's like having hip boots on, walking through the mud, I thought that it was part of growing older. Not so. Not only could I see that light clearly now, it now was right in front of me. My mind was flushing out the toxins like the rest of my body and the CPU in my head went from forty miles an hour to one hundred miles an hour, it is a wonderful feeling, one that I had not felt in years. I lost over twenty pounds in my twenty-one day stay at the clinic, cut my insulin in half down from ninety

units to forty-five units a day, my acid reflux disease is all but gone.

The morning I left the Baja Nutri Care clinic I spent the night with my sister Linda in San Diego, as I was to fly home the next morning. That night we went to Old Town and had dinner at a Mexican restaurant. When I got up the next morning to fly home, this three week old, finely tuned body had gone from one hundred twenty miles per hour down to about forty miles per hour. I felt cramped, sluggish and it almost felt like I had a hangover. It took at least three or four days of flushing out to get back to where I was before I left the clinic!

I want to thank all the doctors and staff at the Baja Nutri Care Clinic, especially Dr. Alicia Melendez and Dr. Luz Maria Bravo for their devotion and compassion. Without them I would be in dire shape. I intend to go the full three years that is needed to bring my health back to where it should be.

Three months later as I write this to you, I can feel the life force growing stronger in me each day. I am now confident that I will be alright. I am happy to say that my wife Judy is also on The Gerson Therapy with me. She quit smoking and is feeling better than she has in years.

God Bless,

Frank & Judy Gill
Standish, Maine

Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is our membership organ, and is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health.

Members receive the Gerson Healing Newsletter six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of \$30.00 or more (foreign memberships \$35.00) to The Gerson Institute.

GERSON HEALING NEWSLETTER

© Copyright 2003, The Gerson Institute.
Howard D. Straus, Editor

Please address all letters and comments to:
The Gerson Institute
1572 Second Avenue
San Diego, CA 92101
☎(619) 685-5353 fax (619) 685-5363
e-mail: mail@gerson.org
URL: <http://www.gerson.org>

Anita Wilson, Executive Director
Nan Southern, Client Services
Melinda Graven, Client Services

FROM THE EXECUTIVE DIRECTOR

Dear Members,

One wiser than myself said "We make our living by what we get – we make our lives by what we give." Returning to the Gerson work certainly brings those two concepts together for me. I rejoined my healing family on May 20th as the newly appointed Executive Director of the Gerson Institute. It has been five years since my memorable service with the Gerson Healing Center in Sedona, Arizona. My best wishes to the clients, staff, Board of Directors and community members of that incredible endeavor. I would like to recognize Andrew Printer and his years of service to the Institute.

This is truly a homecoming – meetings at Baja Nutri Care with Dr. Bravo and Dr. Melendez, dinners in the charming company of Charlotte with the conversation flowing from her passion-filled dedication to

this work, weekly updates from Howard regarding his international endeavors through the Cancer Research Wellness Network and his successful efforts as our returning *Newsletter* editor. I am grateful for the wonderful support of the Gerson Institute Board of Directors and the staff who daily keep our vision and our mission in focus. And as always, my deepest respect to our members, our practitioners, our caregivers and our clients the World over.

We are excited to announce a major upgrade for the Gerson Therapy Training Program for Licensed Professionals (July 13 – July 19, 2003). It is being moved from San Diego to Baja Nutri Care so that attendees can have the Gerson meals and receive more direct instruction from the doctors at the clinic.

July 2003 marks the 25th Anniversary of the founding of the Gerson Institute. We are

embarking upon a yearlong celebration that includes solicitation of stories from those early days, special fundraising projects, and requests from you as to how we might further commemorate this special time. With this newsletter edition we are initiating our "EACH ONE REACH ONE" membership program. What better way to help a friend, neighbor, relative or co-worker than to introduce them to our life-saving work via a membership, while further increasing our support base? Please share the membership form on the back of the newsletter with someone you know, or make several copies to share with many. Our goal is to double our current membership. Thanks for your help.

Be healthy and happy.

Anita K. Wilson
Executive Director

25 Years Ago ...

The First Gerson Patient in Mexico

by Charlotte Gerson

He was knocking at the door the morning we were opening up the very first Mexican Gerson Therapy hospital, "La Gloria", twenty-five years ago. He was our first patient, and I remember him well. His name was Rex Eyre, and he arrived with his wife. He was ill, had been diagnosed with a very unusual form of leukemia. It was so rare that samples of his blood had been sent to a European specialist for final confirmation.

He was very weak, extremely tired, so much so that he slept upwards of 20



hours a day! He did come down for his meals, but only just – then went back to his room and to sleep. At the time, I spent much of every day at the hospital to get everything organized for the Gerson treatment. I was sitting next to him in the dining room, and teased him a little. He was tired, too weary to respond. In about four days, he started to tease back – and I knew he was coming out of it, healing, waking up.

Rex recovered. A while later, he wrote the first book by a cured Gerson patient. He called it *I Fought Leukemia and Won!*

Our Mission

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

Our Vision

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

A Miracle in Wisconsin

What if Classroom Safety Was Really This Easy?

by Charlotte Gerson

The following article was passed along to us crediting the Feingold Association without an author. We should like to give credit to the author, and, in the meantime, apologize for using it without a name.

A news item of October 14, 2002, in Appleton, Wisconsin, states that a revolution has occurred. It has taken place in the Central Alternative High School. The kids now behave. The hallways aren't frantic. Even the teachers are happy.

The school used to be out of control. Kids packed weapons. Discipline problems swamped the principal's office. But not since 1997.

What happened? Did they line every inch of space with cops? Did they spray Valium gas in the classrooms? Did they install metal detectors in the bathrooms? Did they build holding cells in the gym?

Afraid not. In 1997, a private group called Natural Ovens began installing a healthy lunch program. Huh? Fast-food burgers, fries, and burritos gave way to fresh salads, meats "prepared with old-fashioned recipes," and whole grain bread. Fresh fruits were added to the menu. Good drinking water arrived.

Vending machines were removed. As reported in a newsletter called *Pure Facts*, "Grades are up, truancy is no longer a problem, arguments are rare, and teachers are able to spend their time teaching."

Principal LuAnn Coenen, who files annual reports with the state of Wisconsin, has turned in some staggering figures since 1997. Drop-outs? Students expelled? Students discovered to be using drugs? Carrying weapons? Committing suicide? Every category has come up ZERO. Every year. Mary

Bruyette, a teacher, states, "I don't have to deal with daily discipline issues. I don't have disruptions in class or the difficulties with student behavior I experienced before we started the food program."

One student asserted, "Now that I can concentrate I think it's easier to get along with people." What a concept - eating healthier food increases concentration.

Principal Coenen sums it up: "I

Drop-outs? Students expelled? Students discovered to be using drugs? Carrying weapons? Committing suicide? Every category has come up ZERO.

can't buy the argument that it's too costly for schools to provide good nutrition for their students. I found that one cost will reduce another. I don't have the vandalism. I don't have the litter. I don't have the need for high security."

At a nearby middle school, the new food program is catching on. A teacher there, Dennis Abram, reports, "I've taught here almost 30 years. I see the kids this year as calmer, easier to talk to. They just seem more rational. I had thought about retiring this year and basically I've decided to teach another year - I'm having too much fun!"

Pure Facts, the newsletter that ran this story, is published by a non-profit organization called The Feingold Association, which has existed since

1976. Part of its mission is to "generate public awareness of the potential role of foods and synthetic additives behavior, learning and health problems. The [Feingold] program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ."

Thirty years ago there was a Dr. Feingold. His breakthrough work proved the connection between these negative factors in food and the lives of children. Hailed as revolutionary advance, Feingold's findings were soon trashed by the medical cartel, since those findings threatened the drugs-for-everything, disease-model concept of modern healthcare.

But Feingold's followers have kept his work alive. If what happened in Appleton, Wisconsin, takes hold in many other communities across America, perhaps the ravenous corporations who invade school space with their vending machines and junk food will be tossed out on their behinds. It could happen.

And perhaps ADHD will become a dinosaur. A non-disease that was once attributed to errant brain chemistry. And perhaps Ritalin will be seen as just another toxic chemical that was added to the bodies of kids in a crazed attempt to put a lid on behavior that, in part, was the result of a subversion of the food supply.

For those readers who ask me about solutions to the problems we face - here is a real solution. Help these groups. Get involved. Step into the fray. Stand up and be counted. The drug companies aren't going to do it. They're busy estimating the size of their potential markets. They're building their chemical pipelines into the minds and bodies of the young.

Every great revolution starts with a foothold. Sounds like Natural Ovens and The Feingold Association have made strong cuts into the big rock of ignorance and greed.

Healing Allergies Without Pills

Good News for Millions of Allergy Sufferers

by Howard Straus

Millions and millions of Americans and people around the world suffer to some extent from allergies. Some are so mild that people are unaware of them most of the time, and are only troubled if there is some severe irritant in the air or food. Cat dander and pollen are common allergens, but there are many people who are chemically sensitive, allergic to milk or wheat, dust or other irritants. When allergy sufferers and the irritants collide, the reactions range from annoying to debilitating to potentially fatal.

The medical response to allergies is to administer strong pharmaceuticals to suppress the histamines that are stimulated by the allergen and that cause the discomfort known as "allergy." When these histamines or their effects are suppressed or eliminated, the symptom is banished, and the "allergy attack" goes away ... at least temporarily. There are two problems with this approach: one, the antihistamine drugs themselves are challenges to the immune system, and two, their effect on the histamines are temporary, so they must be taken repeatedly for relief of symptoms.

A better approach is to attack the underlying problem of allergy so that it will disappear, rather than have to be masked repeatedly by strong and dangerous drugs. But what is the cause of allergies? Can the causes for a single reaction be as diverse as cat dander, ragweed pollen, milk or perfume? Or is there a more basic problem that is being ignored or overlooked in order to treat the symptom? And, if the problem is more basic, can it be eliminated without resorting to life-threatening chemical treatment?

Our understanding of allergies stems from 75 years of clinical experience treating patients at Gerson clinics and

healing centers around the world, so what we are writing about is not some esoteric or untested theory. We have seen the effects of the following repeatedly enough to know that it is not an isolated instance, but a predictable phenomenon.

Allergies are the symptoms of histamines in the blood stream. There is no argument about that. But why are the histamines there, and what can be done about them?

What is the cause of allergies? Can the causes for a single reaction be as diverse as cat dander, ragweed pollen, milk or perfume? Or is there a more basic problem?

Histamines are the body's response to a challenge, or allergen. There are many different allergens, and there are many different sensitivities to them. Physicians will do tests for sensitivity when trying to determine the source of an allergy, putting small amounts of numerous different allergens on the skin to see which one causes an adverse reaction. But a strong, healthy immune system will produce enough histamines to meet the challenge, then stop creating them and instead absorb or metabolize them. The response of a healthy immune system to an allergen is a complete immune reaction, and a blood stream clear of histamines.

On the other hand, if the immune sys-

tem is not up to snuff, and it does not have the strength to completely meet a challenge posed by an "allergen," it will not be able to completely meet the challenge posed by the external substance. When the immune system is "trying" to meet such a challenge, it keeps putting out histamines until the challenge is met. If the challenge cannot be met, the histamines continue to be pumped into the blood stream, causing allergic reactions.

So we see that allergic reactions are simply immune system responses that cannot be completed due to weakness of the system. It is no secret that our immune systems are being progressively weakened by the constant assaults of depleted, denatured foods, pollutants, drugs and myriad chemical influences on our lives. The variable is the threshold at which an individual's system is so weakened that it can no longer complete responses to allergens, rendering the person vulnerable to allergic attacks. The protection against this is to pay attention to strengthening and maintaining the power of your immune system.

There is another effect of the progressive weakening of the immune system. When your system is in excellent shape, and until it drops below the threshold needed to complete a response to an allergen, you will have no allergies. Your system will rise to the challenge, complete the immune response and return to its normal state. Below the threshold, and until the immune system loses all ability to respond, you will suffer allergic responses to one extent or another to whatever allergens you are particularly sensitive to. But when your body loses its ability to even mount an immune response to outside irritants, you will again have no allergic reactions. You will feel terrific ... for a while. This is not a good sign, but a sign that your immune system has completely given up, and you are just short of dying. A healthy and vigorous immune system is vital to our daily life and well-being, protecting us against a

continued on page 7

The Drug Scene — An Update

by Charlotte Gerson

In March 1998, the journal *Cancer Watch* published an article based on a report of the Meeting of the American Society of Hematology. (Vol. 7, March 1998.) There are a few statements worthy of considerations in this article. One of these items illustrates a point I have tried to have the public understand and examine. Let me quote:

"Complete" remission of patients [with leukemia] is usually defined as a reduction in the marrow blast cell percentage to less than 5%. Yet, such patients in morphologic remission may still harbor millions of leukemic cells, says Cheryl Willman, professor of pathology at the University of New Mexico in Albuquerque."

When a patient is told that he is 'in complete remission,' he does not understand that this means that millions of malignant cells are still active in his body! He or she is also reluctant to question the physician further about the statement since they are satisfied that they have successfully eliminated their disease.

The bad news goes further with the following statement:

"After extensive therapy, the cells that remain are highly resistant."

In other words, additional treatments will do little to overcome the still existing problem. Yet the patients are told that the chemotherapy they receive is the best and only viable treatment for leukemia.

On an entirely different subject, the *San Diego Union-Tribune* published an article in their November 6th, 1998 issue, with the following headline: "Medicine maker offers money-back guarantee." The pharmaceutical firm is Merck & Co., manufacturer of (among any other drugs) the patented

cholesterol-lowering drug, Zocor. The Associated Press article states that the firm, in order to regain some of their lost market in the multi-billion dollar business to a competing drug Lipitor made by Warner-Lambert, is offering this 'gimmick.' You can also read in the same article that in 1998, doctors wrote about 19.5 million prescriptions for Lipitor during the 12 months ended September 30th, while 'only' 15.8 million prescriptions were written for Zocor. The total sales figures for both drugs amount to approximately \$4.4 billion for the first nine months of 1998.

These are frightening figures; yet the physicians deplore the fact that many

The way that physicians define "complete remission" may be very different from what you understand it to be. Be sure that you understand exactly what they mean.

people simply are not taking their prescribed dose for the cholesterol lowering drugs that are supposedly possible life savers, because they worry about effectiveness or cost. They applaud the "sales-gimmick", just introduced at that time, of a "money-back guarantee!" Naturally, the public does not know that it is cheap and easy to reduce one's level of cholesterol by the correct diet and eating habits. Not only that, but people do not read the warnings on the labels or the accompanying instructions of the serious liver damage and other life-threatening side effects of the drugs. The Gerson Therapy, on the other hand, has proven for many years

to be safe and effective in restoring cholesterol levels to normal.

Finally, hopefully a more positive note. On May 18th, 2003, a headline in the *San Diego Union-Tribune* announced, "Top lawyers going after large drug companies." The sub-heading reads, "They contend makers have hidden dangers." The author is Alex Berenson of the Times News Service.

The author almost seems to be sorry for the huge drug companies when he states in his first sentence, "Enriched and emboldened after successful fights against asbestos and tobacco companies, some of the nation's top lawyers have trained their sights on drug makers, contending that many pharmaceutical firms have hidden the dangers of drugs that the lawyers say have harmed thousands of people."

Readers of the *Gerson Healing Newsletter* will remember the article titled "Class Action Suit Against the Makers of Ritalin" which appeared in the *Newsletter*, Volume 16, No. 1, of Jan./Feb. 2001. We also published the figures given in various media including the Internet quoting neuroscientist Bruce Pomerans, MD, Ph.D. (*Newsletter*, Vol 13, #4, July/Aug. 1998) Apparently a team of Canadian researchers found that "adverse drug reactions may rank as high as the fourth leading cause of death in the United States." The papers quoted the number of deaths "at more than 100,000 hospital patients each year from reactions to properly prescribed, properly administered drugs." It is suspected that the number is actually closer to 160,000 patient deaths per year.

Due to the lawsuits, some of the drugs at issue in the attack on the large drug companies have already been pulled off the market. They include Rezulin, a diabetes treatment from Pfizer that the Food and Drug Administration (FDA) has linked to liver damage and is the target of 8,700

continued on page 9

Thoughts ...

Continued from page 1

curl up and die" (p.261). Dr. Kyle makes this comment in the context of faith: "I have seen many instances over the years in which a patient with a strong religious faith has done much better than expected".

Blessedly, I have always been a believer and I support the remarks on faith by the Rev. Gray Robinson in *Healing Newsletter* vol.17, Jan. 2002. Suppose, however, that you do not have the grace of faith. Or cancer has shaken your faith, and fears have grown. What then? And where is Gerson then?

In her marvelous new book on Stalin's Gulag, Anne Applebaum tells of a survivor of 18 years in the hell of the camps who, after the communist collapse, was allowed to see his KGB file. Afterwards he stood outside in "a fine, quiet rain" and thought

How terrible that I do not believe in God and cannot go into some quiet little church, stand in the warmth of the candles, gaze into the eyes of Christ on the Cross and say and do those things that make life easier to bear for the believer...I take off my fur hat, and drops of rain or tears trickle down my face.

I treasure the fact that the Gerson therapy keeps you busy. Dr Gerson did

Allergies ...

continued from page 5

host of viruses and bacterial infections that we are never aware of contacting. Without this immunity, we are susceptible to almost any germ that comes along. Though all children are born without immune systems and depend on their mother's immune system to protect them for the first six months, rarely a child fails to develop its own immune system. You've seen these cases. These unfortunate children must live inside a sterile, plastic bubble their entire lives if they have any hopes of surviving, since any germ would cause

not devise it for this reason. But the lethal helper of fear is sloth. Paralysis of will is the prelude to despair. But no Gersonite is slothful. You may be dazed by over-activity when it comes to juice 8 or enema 4 with the prospect of castor oil tomorrow. But sloth is not an option.

"The worst thing you can do is become an invalid," said a friend to me. He envisaged a decline into passivity. But he had no concept of the life of a Gerson invalid. We are nourished. And what of our enemies?

Non-believers in Gerson will laugh at my next point – but non-believers usually find things to laugh at. Enemies involve detachment. Sure, if your colon is playing up, you are aware of it. But this becomes the exception, not the rule. In this detachment, who does not find thoughts surfacing? New thoughts. Old feelings. New feelings. Instincts. Intuitions. Revisions.

Arthur Miller, the great dramatist (even if better known as husband to Marilyn Monroe), writes about going back to his old university, Michigan. He finds that it is now bigger than when he was a student, richer and more organized. He is struck by the new buildings. "So what's wrong then?" he asks. The answer is this: "I have no proof for this, but I felt it many times in my stay and I'll say it: I did not feel any love around the place" (*Echoes down the Corridor*, pp.20-21). "Some spirit had

an infection that their body could not fight. Strange, then, that the standard medical treatment for "autoimmune" disease, thought to be caused by the immune system attacking your own body, is to kill the immune system of the patient, hoping that it will then stop destroying your own tissue. Perhaps it will, but you are left without that vital immune system, worse off, in the long run, than if no medication had been given at all.

Once again, we return to the core issue. It is vital that we protect our immune systems from the concerted attacks of processed and toxic foods,

departed."

If you feel that spirit has departed from much conventional medicine, love remains in the Gerson therapy. Love from Charlotte. Love at her clinic. Love to your whole being as you do the therapy. And it is an abiding truth of spiritual life that we should never underestimate a seed of love. Of whatever kind, if truly love. Love is a dynamic.

Seeds grow.

And God is love.

(Is there a seed of love in the Gulag survivor's wish for a different possibility? "Things that are impossible with men are possible with God.")

We Gersonites also have hope through the therapy in our cancer fears. Our faith is not battling in a ward where much might encourage patients to "curl up and die." Hope is the opposite of despair. Also, hope is no friend to sloth. Indeed, in medieval times, hope was often considered to be a prime theological virtue.

Michael Gearin-Tosh is a Senior Professor of English Literature at St. Catherine's College, Oxford University. He was diagnosed with multiple myeloma in 1994, and has been on the Gerson Therapy with some additions since. He wrote of his inspiring odyssey in Living Proof: A Medical Mutiny, published by Scribner in April 2002. He may be contacted at gearin@lineone.net.

pharmaceutical and "recreational" drugs ("Just say NO!" to all of them), household and grooming chemicals, and the myriad pollutants in our atmosphere. What we cannot avoid, we must cleanse ourselves of as effectively as possible. Eat organic foods, cleanse your liver with coffee enemas, use as few grooming and toxic household chemicals as possible, and avoid toxic drugs of any stripe, from alcohol to cocaine, from tobacco to Ritalin®, from marijuana to heroin. You can avoid and rid yourself of allergies by keeping yourself healthy.

An Extraordinary Response to Treatment

... *At Baja Nutri Care*

by Charlotte Gerson

We do not report responses such as the following one as 'cures' nor even 'recoveries.' However, the report below is so dramatic and excellent that we can't just keep the joy to ourselves; we have to share it with our readers.

In early October, 2002, M.T. (we'll call her Marilyn) was told by several people that her skin was so 'yellow'. She had not noticed it, nor did she feel any discomfort. Nevertheless, she consulted her friend, Dr. Hayden Briggs, a gastroenterologist in Brooklyn, NY. He took some blood and noted that in the test, her bilirubin was at 10 (normal is 1 or below). He suggested further tests and Marilyn went to the Victory Memorial Hospital in Brooklyn where an ER-CT was performed. It showed cancer in the 'common duct' of the bile. Subsequently, Marilyn saw a specialist in the field, Dr. Janergan at Memorial Sloan-Kettering Cancer Research Center in New York. After examining an abdominal CAT scan, he urged surgery.

On November 5th, surgery was done at Sloan-Kettering. The surgeon had told the family that the operation would take some four hours. However, he reappeared in only one hour and said that "he couldn't get it all" but he removed the gall bladder. A biopsy was also done. He then told the family that Marilyn had perhaps 8-10 months of life. Marilyn stayed at the hospital for her recovery. After about five days, Dr. Shah, an oncologist came into her room with an assistant after Marilyn was alone. Her family had left for a meal. Dr. Shah offered her "an improvement of her prognosis by two months". Since only her family had been told of the prognosis of 8-10 months, Marilyn was thoroughly shaken and shocked by that statement.

When her brother Frank, called and she told him of the doctor's visit

and statement, he was extremely angry and wanted to give the oncologist a 'piece of his mind'. On a more positive note, however, he started to check the web, talked to a number of holistic doctors, then settled with a treatment of cesium chloride for Marilyn. She took it for 33 days, was very miserable mainly with diarrheas. It didn't do her any good and she became extremely weak and stopped the drug.

Then her brother said, "you are going to Mexico". Marilyn couldn't see how she could possibly get there, travel in her deplorable condition, leave her home and family. But Frank made all the arrangements, also saw to it that she had two companions, and three days later, she was on her way to the Gerson Therapy hospital, Baja Nutri Care, in Tijuana Beach, Mexico.

When Marilyn talks about her trip to Mexico from Brooklyn now, she doesn't understand how she ever made it. She was so weak and so terribly uncomfortable on the plane. Just going to the bathroom required helpers and a wheelchair, and she couldn't even open the door. The limousine that picked her up in San Diego helped her with a wheelchair and drove her the half hour from the San Diego airport to the clinic. When she arrived, even in the wheelchair, she had to be strapped down since she was unable to hold herself up enough to remain seated. Her weakness was extreme to the point where she didn't have enough energy to talk, even to whisper.

Aside from the diagnosed bile duct cancer, she also had heart disease; and had open heart surgery in 1995.

The names "Gerson" and "Gerson Therapy" are trademarks and/or service marks of the Gerson Institute and Cancer Curing Society.

In January 1997, she had a pacemaker placed into her chest. At the time of her arrival in Mexico, she was also on medication for high blood pressure. This was discontinued almost immediately, since the Gerson Therapy overcomes this problem promptly. Aside from that, she had diabetes and was taking 45 units of insulin. After just one week on the Gerson Therapy, this was reduced to 20 units, later to 15. At present (June 9th) after four and a half months on the Gerson Therapy, she is taking 10 units.

At the hospital, she was unable to eat at first; yet, after only a few days, started not only to eat but to enjoy the salt-free, organic vegetarian Gerson food. At the beginning of the second week, she was starting to walk without a cane. She had just walked in her room when her companion stated that she had 'forgotten' to use her cane and had not even noticed it. The following Sunday, she was able to go to church, and walk down the aisle with her cane to take communion.

The date of her arrival in Mexico was February 5th. Just one week later, on the 12th, she had her 78th birthday. Her companions had arranged for a Gerson birthday cake and music. When she came into the dining room, there were balloons all over and a band playing the Macarena. She held on to her companion and started to dance to the music. Then a gentleman tapped the companions shoulder, and asked to dance with Marilyn! And then another, and another! She danced with all the gentlemen and reports that she "never enjoyed herself so much."

She proudly told me that she now "feels stronger every day." It is interesting to note that her original prognosis of 8 months to live, given in November of last year, is up, and according to her original doctors, she should be dead by now. Then she confessed: on May 25th, she attended a wedding. (Her home caregiver, a recovered former Gerson patient, prepared

continued on page 9

Gerson™ Therapy Conventions and Lectures, 2003 (cont.)

continued from page 12

Date & Time	Event	Location	Speaker	Contact Information
Sept. 25 7:00-8:30 PM	Lecture	College of Naturopathic Medicine Cork, Irish Republic	Charlotte Gerson	Arnold Mulcahy Tel: 0353-86 395 8768
Sept. 27 7:00-8:30 PM	Lecture	College of Naturopathic Medicine Dublin, Irish Republic	Charlotte Gerson	Arnold Mulcahy Tel: 0353-86 395 8768
Sept. 28 1:30-5:00 PM	Gerson Therapy Workshop	College of Naturopathic Medicine Dublin, Irish Republic	Charlotte Gerson	Arnold Mulcahy Tel: 0353-86 395 8768

For a complete listing of lecture and workshop dates with the most up-to-date information available, please visit our website at WWW.GERSON.ORG/EVENTS

Extraordinary Response ...

continued from page 8

her Gerson food so she could eat.) Her brother had obtained tickets to the musical "Chicago" for the night before the wedding, and they went to the theatre. She was so happy, she even took her cane, and danced the show's dances in the aisle before she left. And that wasn't all; her confession continued: the next day, she went to Staten Island and visited with her godchild. On her caregiver's urging, she did rest quite a bit for the next two or three days. However, Marilyn is leading an almost normal, full life while recovering!

Drug Scene ...

continued from page 6

lawsuits. Other suits name some pharmaceutical 'best sellers' such as Paxil, an antidepressant that plaintiffs say is addictive. The drug's maker, Glaxo-Smith-Kline denies the claim.

The lawyers involved in bringing the lawsuits against the pharmaceutical companies say that the FDA has systematically failed to protect patients from dangerous drugs and that the companies have tried to hide side effects. The drug companies respond, that "Drugs

are safer now than they have ever been." That only signifies that they were even more dangerous and toxic in the past!

In addition to the already filed 8,700 lawsuits against Pfizer over the use of Rezulin, it is stated that some 32,000 people have said that they might sue in order not to miss the opportunity to include their claims.

The large drug manufacturer Wyeth has apparently set aside \$14 billion since 1997 for claims by people who say that they have been injured by its diet drugs. 90,000 people have informed the company that they might sue. Other huge drug companies, including Johnson & Johnson and Bayer have been included in the attacks in thousands of suits. Many additional suits have been filed against Bristol-Myers Squibb, Eli Lilly and Merck.

Again, the author seems to sympathize with the beleaguered drug companies, saying in his closing paragraph, "The new wave of legal action has come at a difficult time for the companies, which face heavy pressure over drug prices and accusations that they abuse patents to keep less expensive, generic competitors off the market."

Which they do!

Used Juicers Available

From time to time, used juicers become available from former patients or others. The Gerson Institute provides a listing service as a courtesy to our patients and readers, and lists these juicers for sale. The most current list is always available from the Institute.

The Gerson Institute is not responsible for the proper function of the machines advertised for sale, or for the compliance of contract between buyer and seller.

Please note: Used juicers do not come with a factory warranty.

Norwalk Model 230-S Stainless Steel

Good Condition -- original accessories included

Janet Lawton (619) 582 3417
\$600.00 plus shipping.

Norwalk Model 270 Woodgrain

Excellent Condition. All accessories included.

Jack Ridigen (412) 405 0732
Greenock, PA 15047-0065
Asking: \$1,400.00 plus shipping.

For parts, service and repair: call NORWALK manufacturer at (800) 643-8645, P.O. Box 829, Lowell, AR 72745, USA. OLSEN'S SERVICE (619) 420-7123, 221