



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

*Prof. Hoshino Writes ...***MDs Using Gerson Therapy in Japan**

July 11, '03

Dear Charlotte Gerson,

Thank you very much for your letter of June 30.

I am very glad to hear that Gerson therapy has got a remarkable effect and interest in South-East Asia.

Every month, in Loma Linda Clinic in Koriyama-city Japan, Dr. Tominaga, Dr. Mizukami and I are healing many cancer patients using the Gerson therapy and immune therapy. We have the impression that this therapy is very effective, especially on colon cancer, breast cancer, liver cancer including metastatic liver cancer, malignant lymphoma, ovarian cancer, pancreas cancer, prostate cancer, bladder cancer, etc. Moreover there is very little side effect of chemotherapy in many patients who are drinking a lot of vegetable juice. Drs. Tominaga and Mizukami, who received their Doctor of Medicine

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*Patient Story: Sandra Hanson***The Whole Family Recovers**

by Charlotte Gerson

It is a great pleasure that almost everywhere we do lectures we find recovered patients in the audience. At the end of June, 2003, at a lecture near Monterey, California, we found several people cured of cancer and other chronic diseases in the hall.

Sandra Hanson was one of those people. When her odyssey began, she was 53 years old and had been given a mammogram every year. In 1993, the doctor saw "a little shadow," but didn't consider that it required any action. However, when he looked at the January 1995 mammogram, he suggested a biopsy. Sandra urged the doctor not to just "take a piece," but to remove the entire tumor and examine it. Dr. Jon Brenner in Monterey performed the procedure, removing two 1 centimeter lumps, then called her back shortly thereafter to make an appointment for an office visit.

He gave her the news that her

lumps were malignant and then suggested a lumpectomy or a mastectomy. A radiologist, whom she subsequently consulted, after many questions told Sandra the truth about radiation: he admitted that it would "burn her lungs permanently" and would soften and damage her bones. After some consideration, Sandra opted for a mastectomy. Meantime, her husband remembered a client who had been successfully treated with a nutritional therapy. Also they knew of Howard Straus and the "Power Nutrition Seminars" he had been giving in Carmel. They called Howard who told them about the Gerson Therapy, explained many details and told of many recovered breast cancer patients.

Sandra had been scheduled for the surgery to remove her breast; but she cancelled it just one day before it was to take place. Instead, she traveled to the Mexican Gerson clinic and start-

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The Whole Family ...

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ed the Therapy there on February 7, 1995. She had no other treatment, recovered totally, and remains well.

But that is not the end of her story. Sandra has a daughter, Tamara, who had been plagued with pleurisy from the age of three. Sandra remembered that she, too, had some symptoms of the problem, and she was told just "to breathe deeply so the ribs wouldn't stick." However Tammy's problems worsened with time and when she was 37 years old and had two children, she was seriously ill, could hardly breathe, and was unable to sit, lie down, or sleep even though her parents had provided her with a hospital bed. At that time Sandra, in the 14th month of her own Gerson Therapy, traveled to her daughter's home in Casper, Wyoming with one suitcase of clothes and a second full of organic greens and carrots.

Sandra told us that already after her first glass of carrot juice Tammy started to feel better. She improved very rapidly, and in three weeks, she was walking, sleeping, and clearly recovering. She finally cleared her pleurisy completely for the first time in her life and is now well, studying to be

a massage therapist. She, too, attended the Monterey lecture.

Some years after Sandra's and Tammy's recovery, Sandra's husband was diagnosed with a PSA of around 14 to 16 (it should be 1 or below). A July 3, 2000 biopsy revealed prostate cancer. He, too, did the Gerson Therapy. At first, his PSA went down; then rose somewhat – a development that is expected in patients with prostate cancer using the Gerson Therapy. He eventually reached the normal level and remains well.

In this case, there is a most interesting item to note: Sandra's husband was eating the Gerson Therapy food, along with his wife, for a long period of time. He did not take the 13 glasses of juice, but regularly took some three or four glasses daily, even did a daily coffee enema. So, why did Sandra recover and her husband develop cancer? Sandra told us of her suspicion: after a year or more of eating the organic foods and some juices with his wife, a diet we feel is a good preventive one, he added "aminos" to his diet. No special reason was given; but people are constantly being told by doctors and nutritionists that proteins (amino acids) are extremely important. Did he feel that there was not enough protein in his diet? At any rate, over time he even increased his consumption of aminos to a rather high level. Meantime a knowledgeable person pointed me into an interesting direction: "Aminos" are derived from 100% soy and contain naturally a fairly high amount of sodium. Since they are a soy product, they also block nutrient

absorption (see our prior articles and warnings on soy products) and could very well cause the person to be 'hungry' because of deficiency! The most important aspect of this story is that when Sandra's husband stopped the aminos and used the full Gerson Therapy, he recovered from his prostate cancer.

Letter from Hoshino ...

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(Nutritionist) degrees at Loma Linda Medical School in the USA have the same impression. The name of Loma Linda Clinic originates from the Medical School.

With best regards to you and
Howard Straus

Yoshihiko Hoshino, MD

Dr. Hoshino is a Professor of Medicine at Fukushima Medical University in Northern Japan. We reported his story in the *Newsletter*, Vol. 10, No. 1, Jan.-Feb, 1995. In 1992, he was diagnosed with colon cancer, metastasized to his liver. He used the Gerson Therapy to cure himself of his disease. While doing so, Prof. Hoshino cured 12 other cancer patients! He wrote a book about his experience, which has since been translated and published in Korean.

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.

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GERSON[®] HEALING NEWSLETTER

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FROM THE EXECUTIVE DIRECTOR

Dear Members,

We are grateful for the wonderful response to our "EACH ONE REACH ONE" membership enhancement program and at the request of several readers we are extending this throughout our entire 25th Anniversary year. So please continue to share the membership form on the back of the newsletter with families, friends, neighbors and co-workers.

This month we are announcing our new fundraising project which will continue through our next three newsletters.....the opportunity of a life-time...THE CHANCE TO WIN CHARLOTTE GERSON AS A GUEST IN YOUR HOME FOR A WEEK-END. For each \$100.00 donation you will have one chance entered into the drawing that will be held in March, 2004. Charlotte will help prepare delicious, creative Gerson dishes, share fascinating stories and even give a lecture for your friends, or your entire communi-

ty should you so desire (you would be responsible for the lecture set-up). Due to her intense travel/lecture schedule we do need to limit this to the U.S. and Canada and the Gerson Institute will provide her airfare. So organize your family, friends and community so that you may host this Gerson Treasure for a memorable week-end. And, of course, a big thank you to Charlotte for her wonderful sense of humor (oh yes, and she will also tell jokes) and her passion for this work.

The staff and Board of the Gerson Institute are excited about our commitment to making this the breakout year for the globalization of the Gerson work. Howard Straus is on his way to speak in Bangkok, Singapore, and Kuala Lumpur while Charlotte, at 81, is doing a lecture tour of England, Ireland, Germany and Italy. You will get full reports on their return.

Additionally, our training programs are filled with international par-

ticipants, further strengthening our programs for clients everywhere. July

13th marked the beginning of our week long Professional Training program and we have been honored with the presence of licensed caregivers the world over - Italy, Germany, South Africa, Australia, Korea, United Kingdom, Canada and the U.S. These front-line warriors are cherished for their hard work and devotion to natural healing.

And thirdly, our world wide grass roots support organizations of caregivers and clients are successful models of assistance and information, protecting our therapy in its highest integrity.

Be healthy and happy.

Anita K. Wilson
Executive Director



25 Years Ago ...

A "Faulty" Prognosis

by Charlotte Gerson

The Mexican Gerson Therapy hospital had only been functioning a few weeks when Al arrived. He had suffered from melanoma over five years earlier, had not shown a recurrence, and was therefore pronounced 'cured.' However, just a few weeks after that pronouncement, he had a recurrence, putting him in the strange position of being 'cured' and dying simultaneously, since recurrent melanoma is considered fatal.

Al had surgery at the San Diego Naval Hospital to remove the lymph node from his groin, but the cut would-



n't heal. He was at the hospital over five weeks, while his leg continued to swell. Antibiotics didn't help. The swelling was getting so bad that his leg would no longer fit into his trousers. Al reported

that when I first came to visit him, I said, "Oh, that will be gone in five days." He didn't say so; but later told me he was very dubious about my statement. The physicians in the hospital had worked on him for over five *weeks* with no results, and I had just told him the swelling would be gone in five *days*! Besides, he added, that prognosis was wrong. It took *six* days!

Al eventually recovered totally.

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.

Gaelle Olson Writes from Australia

by Charlotte Gerson

We are always hugely pleased to hear from recovered patients, especially from some who have done the Gerson Therapy on their own – and whom we never knew about!

One such story came a few weeks ago in a letter from Australia. I quote the letter exactly:

"Dear Gerson Institute,

"I have regularly received the Gerson Newsletter over the past two years, since my diagnosis of colon cancer in November, 2000. I have been on the Gerson Therapy since March 2001 after meeting a woman on the beach in Bowen, North Queensland. I believe Pat Cockfield of Bowen is well known to Charlotte Gerson, and her story of a miraculous recovery from kidney cancer. [See the booklet, *Healing Brain and Kidney Cancer the Gerson Way – Ed.*] She has been well for nine years now.

"I have gained tremendous inspiration from Pat and am in regular contact with her regarding my healing with the Gerson Therapy.

"My cancer had spread to a lymph node which was removed, along with a large tumour, the size of a lemon. Prior to my operation in November 2000, I had been unwell for two years with two bouts of pleurisy, fever, night sweats and bleeding from the bowel. I was told by doctors I had menopause problems and maybe should think about taking hormones. It was only the God-sent gift of a local lady doctor who sent me for investigation. I was hospitalized on the same day, had a colonoscopy, and my wonderful surgeon at Cairns Base Hospital removed

the tumour along with 18 inches of bowel, resecting the bowel at that time.

"It was within three days after the operation that Dr. Clapham (my surgeon) sat on the end of the bed with me and told me I had cancer. I was shocked and asked how long I had to live. His answer was, "How long has any of us got?" Dr. Clapham asked me if I wanted chemotherapy. I asked him if this 'cured' people. He said there were no guarantees and explained the garden concept, which goes like this: "when you grow a lawn, you can kill weeds with toxic chemicals and proba-

My treating doctor told me that I was in the terminal stage. I could have morphine strapped to my body for pain.

bly kill good grass as well; or you can build up good grass with nutrients and the weeds will disappear." I then asked my surgeon for his advice and he recommended that I read the Ian Gawler book on how he was healed of cancer. He told me that he did not know about all this 'alternate stuff', but suggested I get information. I decided to do just that.

"I left the hospital confused and frightened. I thought of all sorts of things and tried to help myself with hope and positivity. I then went back to my treating lady doctor who told me I had lost weight and was in the terminal stage. She told me I could have mor-



Charlie and Gaelle Olson
Apr. 23, 2003

phine strapped to my body for pain when this happened. I was devastated.

"Meanwhile my wonderful husband and daughter helped me to get on the Gerson Therapy. My husband loaded up huge amounts of organic produce from a Cairns Market every week and my 16 year old daughter reminded me to have my coffee enemas every day.

"I had no idea how to do the Therapy. We live in an isolated area which floods every wet season. My husband floated bags of organic food across the river in a rubber raft, risking his own life. I had so many healing reactions I thought I was surely dying of the cancer. However, I continued to be alive and eventually began to put on weight. I visited the local doctors for blood tests and they monitored my health – though they did tell me I should eat meat to keep my iron level up.

"One of the local doctors is quite supportive of me; however even she is skeptical and keeps ordering more tests whenever I complain about any symptom at all. Metastases is the word I constantly hear from them, which fills me with fear. Five years cancer-free, I am told, is the magic medical number. I am now in remission, I am told and it

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Mental Illness: A Fallacy?

Keep Your Children Safe From Legal Drug Pushers

by Howard Straus

There is a huge industry built around "mental illness," including hospitals, pharmaceutical treatments, pharmacological psychiatrists, counselors, and much more. Depression is rampant, schizophrenia wastes tremendous mental and physical resources (see the movie *A Beautiful Mind*), "attention deficit disorder" provides the excuse for the pharmaceutical industry to drug over ten percent of American schoolchildren into submission, turning them into placid zombies, all the while spouting the useless and hypocritical slogan, "Just Say No to Drugs!"

We are dealing not with mental disease, but with physical, chemical imbalances in the brain, central nervous system and endocrine system (the system responsible for regulating and producing hormones). Physicians certainly acknowledge this fact by their actions: they do not attempt counseling for a paranoid schizophrenic, but instead prescribe powerful psychoactive drugs, not to mention the medieval torture chamber called "electroshock therapy." These methods are not attempts to change someone's outlook, but baldfaced and mostly unsuccessful stabs at modifying the dysfunctional chemical or structural processes at work in the patient's physiology.

As bad as the above may seem, it is getting far more dangerous and widespread with the promotion (and that is what it is) by the American Psychiatric Association and the pharmaceutical industry of ADD/ADHD as a mental disease. The treatment of choice for this "disease" is the powerful psychoactive drug Ritalin®, which

is now administered to over ten percent of American schoolchildren, and is being required of children as young as two years old for admittance to daycare centers.

Ritalin is a drug that is so closely analogous to cocaine that cocaine addicts unable to acquire their drug of choice have taken to hanging around schoolyards hoping to find a schoolchild willing to sell his dose of Ritalin for \$10. The drug is so damaging that the United States military will not accept a recruit who has had a history of Ritalin use, yet we are giving it to

Ritalin is so damaging that the United States military will not accept a recruit who has had a history of Ritalin use, yet we give it to our two-year-olds!

two-year-olds just to get them into daycare centers.

The pharmaceutical industry tells us that today, the fastest growing population segment of their consumers is children. Considering that all drugs are liver-toxic in the long run, and that over 100,000 Americans die annually from ADRs (adverse drug reactions), that is unconscionable.

More than half of the shooters in the numerous school shooting incidents that continue to plague our educational systems have been on some

school- or physician-prescribed psychoactive drug. While the media wish to blame parents, video games, television programming or availability of guns, not one word has been said about the drugs these children have been forced to take. Reading the Physician's Desk Reference for Prozac, Ritalin and many of the other antidepressant or psychoactive drugs prescribed today for children, we see that violent psychotic episodes are an expectable side-effect of their use. What are the authorities thinking? Where is the press? What are we doing to our future?

And what is it that keeps our children from concentrating in school, leading their teachers to demand they be drugged? It has been shown experimentally that if we avoid the huge doses of sugar, food chemical additives and junk foods, instead feed the children the good, whole organic foods that are easily available today, the syndromes the drug companies are seizing on simply disappear. Teachers who are unable to maintain the interest of their classes due to boring presentation or content are another cause of the students' attention wandering. The solution is not to drug them into submission, though. Feed the children properly, and the problem goes away.

Similarly, with schizophrenia, the imbalance that causes the problem can be easily and cheaply remedied with proper diet. Schizophrenics lack an enzyme needed to properly digest animal protein. The resulting partially metabolized protein causes mental disorder, but the source is chemical. Dr. Abram Hoffer of Victoria, BC, Canada, found that removing the source of animal protein and helping the body sweep the bloodstream of the toxic fractions using simple, cheap vitamin

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More Drug Industry Tactics

by Charlotte Gerson

In the *Gerson Healing Newsletter*, Vol. 18, #4, we reported on various items concerning the drug industry. There is more! There is always more.

The following is a report on an article that appeared in the National Health Federation's publication, *Health Freedom News*, of February/March 2003. The subject is Lupron, the anti prostate cancer drug. It is manufactured and distributed by TAP Pharmaceuticals and it is the main orthodox pharmaceutical treatment used for prostate cancer.

In order to increase sales, TAP had its pitch men attend prostate cancer support groups in 1997 and 1998. These activities were subsequently revealed via company documents that were available through court cases involving the firm. The procedure of targeting the most vulnerable group of customers via the prostate cancer support groups was described by the *Boston Globe* in November 2002 as "the ferocious scramble to boost sales."

Mike Culbert, well-known health writer, states in his book, *Medical Armageddon* that the \$28-billion-per-year prostate cancer industry begins with conning American men over 50 to use the 'unreliable' PSA test. Then the men are treated with the 'approved' methods: biopsies, castration, surgeries, prostate removals, radiation, chemotherapy and synthetic hormones.

In 2001, TAP agreed to an \$885 million settlement with federal prosecutors in Boston. The company was

charged with inflating the price of Lupron and giving kickbacks to doctors to encourage them to prescribe it, according to the *Globe*. Further, the federal prosecutors expanded the investigation and indicted 14 current and former TAP employees as well as doctors who allegedly billed Medicare for drugs they received as free samples!

TAP Massachusetts sales manager reportedly wrote in a monthly activity report of October 1997 "I'm encouraging every single rep to get very active in their community hospitals."

Not reported were the dangers and side-effects of Lupron (per the *PDR - Physicians' Desk Reference*, 1998 edition, p. 2911): Angina,

arrhythmia, diarrhea, gynecomastia (breast enlargement in males), libido decrease, bone and muscle pain, insomnia,

urinary frequency, blood in urine, testicular pain, diabetes, weight gain.

It is urged that men who are told their PSA is elevated have a more thorough check to make sure that in fact there is a malignancy present. Further, using the Gerson Therapy, many men have recovered without using Lupron. Of course the Gerson Therapy is also totally effective for the prevention of prostate cancer. It is now assumed that all men if they reach the age of 78 are victims of prostate cancer, no matter what their actual cause of death may be. That is not necessary with the proper nutrition and by keeping the body's defenses healthy.

Gaelle Olson ...

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has been two and a half years since the operation.

"I have much more energy. My skin and hair are great. I have put on 4 kilos [about 9 lbs.] and eat all organic foods. I am on the modified diet now but still consume 7-8 juices daily with potassium and Lugol's. I take one or two coffee enemas daily and get up early every morning. I feel blessed and happy to be alive. I am grateful to the Gerson Institute and Charlotte Gerson for the wonderful news of hope and triumph over this terrible disease.

"My husband is our wonderful chef and he tries all the Gerson recipes. He has even made up some potassium carbonate (from the chemist's) to put into the occasional banana cake, made with organic rolled oats. We all eat this wonderful food and my daughter who is now 17, has less trouble with her skin and her menstruation.

"From Australia, Thank you to all.

[signed] Gaelle Olson

"P.S. My latest cancer-marker blood test is completely normal, as is the latest test my doctors performed. I am back studying at the University and gained a high distinction in the latest project undertaken. We have a lovely grandchild and life is full of joy. I still eat only organic food where possible, with no salt or fat.

"I am presently studying more about meditation and spiritual healing to help me recover from the trauma of cancer. I know I will succeed. I was not alone."

**Give a friend a subscription
to the Newsletter ...
a gift of life!**

Anita Wilson

An Extraordinary Life

by Howard Straus

Anita Wilson was appointed Executive Director of the Gerson Institute shortly after the resignation of Andrew Printer, who had held the position for over six years. I would like to present some of the background of this extraordinary human being who is now devoting her considerable experience, skill and energy to the Gerson Therapy, and for the benefit of people suffering with otherwise "incurable" illnesses.

Born in rural Indiana on Dr. Max Gerson's wedding anniversary, Anita told us:

"As a small child, I spent a lot of time outside, exploring along the Martindale Creek, which ran through our central, eastern Indiana farm. I was always surrounded by animals - cats, dogs, horses, cows, pigs, chickens, etc. All of this was a source of great joy for me. I delighted in observing patterns of nature - feeling very connected to the earth and very comfortable with the cycles of the seasons. I loved change and I loved diversity.

"After graduation from high school, hungry for exposure to other cultures, I spent a summer in Chubaj, Guatemala with the American Friends Service Committee, doing volunteer work in the areas of health education and some light construction work. I lived with a Mayan family seven miles from Chichicastenago and remember walking that distance twice weekly to the market. It was a life changing experience. The following summer I did volunteer work in Georgetown, Gambia, Africa in a leper colony, a school for the blind and again construction work to complete an addition to the country's only rural hospital. Following summers were spent in Houma, LA and in Hawaii doing similar

volunteer work.

"My first full-time professional job was as the founding Special Education teacher in Hamilton, Ohio for a local school district who hired me 24 hours before the first day of the school year. My college background was in psychology and I had never had one education class. Thus another pattern in life began emerging — being on the ground floor of new endeavors in areas where I had little or no experience. Six years later, I repeated this when I joined the administrative staff of a very small community mental health center in Cincinnati, Ohio. Again, six years after that, I accepted a top level management position with a 65-bed residential treatment facility for emotionally disturbed children.

"I relocated to Flagstaff, AZ in 1986 and after 10 years of varied new work experiences I found my way to Gerson."

And are we ever lucky that she did! Anita's considerable energy and organizational ability enabled us to assemble and staff a complete and functioning Gerson Healing Center in *ten days* from the signing of a lease for an empty suite of rooms and a kitchen that would be shared with the facility's assisted living tenant. Ten days after the lease was signed, the first patient walked through the door, and began treatment! Even looking back on the accomplishment, it is difficult to believe we did it.

Anita and I, and virtually the entire staff of the Gerson Healing Center in Sedona, Arizona look back on our time there as "magical." Patients repeatedly asked us, "Where do you get these people? How do you train them to be so loving and caring?"

The truth was, of course, that we

"Mental" Illness ...

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B3 (niacin) quickly clears up schizophrenia without the expensive and dangerous psychoactive drugs used today, and without resorting to electroshock therapy. It would seem to be reasonable to try this cheap and simple solution first, not last.

Depression and other mental disorders similarly clear up with proper diet and detoxification. The important thing is to keep yourself and your children healthy in body and mind by ensuring that the highly processed and chemical-laden junk substances currently being touted as "food" do not derange their chemical balance. Feed your children properly and they will not disappoint your hopes, but will grow straight and strong.

could never have trained people to be as loving, healing and caring of our patients as the staff was on their own. Giving people hope, relieving pain, seeing them bloom again could not have had any effect other than smiles and gratitude for our opportunity.

Anita continues:

"My last position before coming to San Diego was as the Founding Director of a state charter high school on the Navajo Reservation on the Seba Dalkai Campus at Teesto, AZ. I am determined to learn to 'boogie board' as this is the first time in my life I have lived close enough to an ocean to have regular access.

"I know my destiny is to be a team member to ensure the continuation and expansion of the Therapy around the world. I love visiting the staff and clients at Baja Nutri Care. The Gerson Institute staff is awesome."

Please join me in welcoming one of the greatest gifts the Institute has enjoyed in a very long time, Ms. Anita Wilson!

Brad Mavis, Recovered from Chronic Fatigue

... *Filling Out and Looking Good*

by Charlotte Gerson

We had the pleasure of seeing another recovered patient, Brad Mavis, at our Monterey lecture. His story was first told in the *Gerson Healing Newsletter* Vol 12, No. 4, July/August 1997. There is a picture of him when he started the Therapy, showing Brad in 1979, weighing 91 pounds at the lowest point of his health.

Brad had suffered from mononucleosis, which later developed into chronic fatigue and an inability to assimilate food. He was treated at the Mayo clinic without success; found out on his own that fresh raw organic vegetables agreed with him. He continued to live on raw, organic foods but it took some eight to ten years to get his colon back to function and his weight back

up to normal – about 175 pounds. Brad brought the “before” picture with him to show the audience, blown up and in color. He honestly looked like an escapee from a concentration camp. Next to his present normal appearance



Brad Mavis at 91 lb. in 1979 (left) and in 2003 (below)



it is truly impressive. (Brad even feels that he is a little overweight now, and wouldn't mind losing some five to ten pounds.)

The above is intended to reassure some patients who feel that, unavoidably, on the vegetarian Gerson Therapy, they are going to lose weight. Obviously, that is not so. It is true that overweight persons will lose weight; underweight, skinny and even emaciated patients will gain weight to their normal level; but then they stay at that point.

Jonathan Paul, a patient from the Monterey area, did a very careful calculation of the number of calories that he was consuming on the Gerson Therapy, and was amazed to find that he was eating over 4,000 calories a day, an enormous amount. He was amazed that he was not gaining more weight than he was.

Big Drug Company Picks Up Black Cohosh

... *Herbal Remedy Used by Women for Generations*

by Charlotte Gerson

The following material was published in the February/March issue of *Health Freedom News*, the journal of the National Health Federation.

In November, 2002, Columbia University and George Washington University researchers reported that Glaxo-Smith-Kline was producing a new HRT [Hormone Replacement Therapy] ‘drug’, a concentrated herb, black cohosh. Black cohosh has been on the market for years, and women have used it for generations, without harm or side effects in order to control menopause symptoms.

In July of 2002, the news finally was published that the ‘double synthetic hormones’, estrogen/progestin, leads to a considerably increased risk of female

organ cancers, particularly breast cancer. [*Gerson Healing Newsletter*, Vol. 17, No. 6, Nov.-Dec. 2002] However even figures for heart disease increased, despite the fact that doctors have long used the argument that Premarin or other HRT treatments *lower* the risk for that disease!

Glaxo-Smith-Kline, on the other hand, with their new concentrated black cohosh herbal remedy, Remifemin, was the outstanding winner in a study of 29 independent research studies on alternative treatments for menopause. The reports showed that black cohosh, a member of the buttercup family, “seemed to work” in three of four studies. This research was published in the *Annals of Internal*

Medicine, Nov. 2002. Other herbs, also frequently promoted for the control of menopause symptoms, such as ginseng, red clover, dong quai and oil of evening primrose were not shown to have a noticeable effect. This study, the article stresses, is not in agreement with the experience of “hundreds of herbalists and thousands of patients.”

The American Association for Health Freedom announced in November 2002 that black cohosh as well as progesterone cream have been thoroughly scientifically tested to merit the recommendation for safe use by women suffering from menopause problems.

We cannot help but stress again that women who are using the Gerson Therapy for cancer or other problems overcome menopause symptoms quickly and completely without the need of even harmless herbal remedies.

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

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Date & Time	Event	Location	Speaker	Contact Information
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
Oct. 3 7:30 PM	Lecture: Healing Cancer and Other Diseases — Naturally	St. Catherine's College Lecture Theatre Oxford, England	Charlotte Gerson	The Speedwell & Wellbeing Trust and The Gerson Support Group, UK
Oct. 6, 7, 8	Caregivers' Training	Plymouth, NH (exact location to be announced)	Charlotte Gerson, Carol Beard, Connie Spancake	Gerson Institute (619) 685 5353, or Connie Spancake, (603) 536 3597

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

Tamoxifen Study

by Charlotte Gerson

Women around the menopause years (50-55) suffering from breast cancer are increasingly subjected to treatment with Tamoxifen (Trade name: Nolvadex). On the market for about 20 years, the drug's action is to interfere with the effect of estrogen, on the assumption that estrogen binds to breast cancer cells, stimulating them to grow and divide. Tamoxifen seems to prevent this binding and thus slows the growth of breast cancer cells. Like all drugs, Tamoxifen has side effects: the most common being hot flashes, but it can also induce menopause, vaginal dryness, fluid retention, irregular periods and weight gain. Additionally, there is an increased risk of developing cataracts. The most serious risk is an increased likelihood of developing uterine cancer.

A study published in the *Journal of the National Cancer Institute*, 88:1529-42, (1996) and reproduced on the Internet, reports on the use of Tamoxifen in breast cancer patients. With an initial group of 1404 patients on the drug about the same number on placebos, after five years the study mentions only 321 patients receiving the drug who were disease free — leading to the conclusion that the rest had died. The actual data were omit-

ted: there was also no mention of the total number of living patients. No numbers, only percentages, were given for women who remained on the study for 10 years showing a slight advantage for those receiving Tamoxifen. The article stated that endometrial cancers were the only secondary malignancies that developed. After ten years of Tamoxifen therapy, 94% survived while 96% of those who received placebos survived. The treated patients also had an increased number of "thromboembolic events" (blood clots blocking veins, phlebitis).

A number of reports are appearing in establishment journals concerning the substance 'genistein,' found in soybeans and which apparently "resembles estrogen and tamoxifen in structure." It is assumed that genistein discourages tumor growth by blocking estrogen receptors. One supporting argument is that Oriental women who eat more soy suffer less breast cancer than American women.

Looking back at our report on Soy Products (*Newsletter*, Vol. 11, No. 5) there could be entirely different reasons. It is possible that soy blocks the uptake of nutrients in U.S. women, who also eat a very different diet from Chinese and Japanese women. The soy products produced in the Orient have different compounds from those manufactured in the U.S. I feel that the above assumptions are unsound and probably quite inaccurate.

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