



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

### Gerson Therapy in Asia ...

## Your Editor Brings Gerson to Western Pacific

by Howard Straus

We were recently asked by Charlotte Gerson to relieve her of some of the strenuous travel and lecturing schedule that she has been maintaining with little respite for the past thirty years. The Gerson Institute had been asked to send Charlotte to Bangkok, Thailand to give her well-known lecture and seminar to a Thai audience.

Nobody from the Gerson Institute or the Gerson family had been to Asia except for one short lecture we delivered to a Cancer Control convention in Tokyo over five years ago. Cancer is a rising problem in Asia as more and more people embrace the American fast-food model and, worse, the Western allopathic medical model. Today, about one in four people in Thailand, Singapore and Malaysia will be struck by cancer at some time in their lives. It would have been a perfect opportunity for Charlotte, except

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### Patient Story: Rocky Adams

## Recovery from Melanoma

by Charlotte Gerson

Spreading melanoma is one of the most aggressive and rapidly fatal types of malignancy. We are especially fortunate that, with the help of the Gerson Therapy®, we have outstanding results and very long term recoveries from this 'skin cancer.' This is even more important in view of the fact that chemotherapy as well as radiation are virtually useless in reducing or even delaying the fatal outcome of this disease. If the original surgery is not effective, and the melanoma recurs, the disease is considered 'terminal'. In the booklet on *Healing Melanoma the Gerson Way*, we described numerous cases of advanced melanoma cured for many years. Even two of the three cases of spreading melanoma described by Dr. Gerson in his last book, *A Cancer Therapy: Results of 50 Cases*, are still alive after some 50 years!

Thus we are ever so pleased when

we find still another patient who has recovered from recurring melanoma. One of these has just come to our attention and is described below.

Rocky Adams, 51 years old at the time, discovered in April of 2000 that he had a 'lump' on his shoulder. He consulted a dermatologist, Dr. Felber, who removed it. However, this doctor did not tell Rocky the nature of the 'lump' (a serious omission), nor did he tell Rocky that he left positive margins. In other words, some malignant tissue remained!

Some six months later Rocky discovered an enlarged lymph node on his neck. At that point, he went to M.D. Anderson where he was thoroughly checked. The physician there removed a whole chain of lymph nodes and found just one node that was positive for melanoma.

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## Melanoma Recovery ...

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The treatment offered there did not impress Rocky. He was told that with a total removal of lymph nodes, he had possibly a 40% chance of recovery. His sister's friend started to investigate and research this disease and discovered the Gerson Therapy, specifically a videotape by Charlotte Gerson describing the treatment and results.

Rocky was apparently impressed with the idea and a short time later, in 2001, went to the Gerson Therapy hospital in Mexico for the full Gerson Therapy treatment. He stayed with it for the full required 24 months and seems to be very well – no more lumps or spreading.

He reports that some 30 years back, as a result of a car wreck, he developed a cyst on his back. On the Gerson Therapy, it became inflamed and red, and Rocky had it removed. He also feels that his immune system has improved considerably and while he was on the Therapy, other people around him suffered from the flu; he never got sick. He remains very well and stays on a reduced Gerson Therapy.

## Charlotte Stops in New England

# New Hampshire Caregiver Training a Huge Success!

by Conni Spancake

This was the biggest training so far. Twenty-seven participants attended the two and a half day workshop in Plymouth, New Hampshire October 6-8. Nine were from New Hampshire, a few from Maine, Rhode Island, Massachusetts, Connecticut, New York, Maryland, and a couple from Arkansas. A young man from Sweden, here for a family wedding, was able to come with his mother. So we had a large and diversified group. They represented professions in nursing, massage therapy, research, language translation, and retired folks. They fell into two basic groups – those wishing to be trained as Gerson Therapy Caregivers for someone else and those interested in learning about the Therapy for their own healing. All were eager to meet and hear from Charlotte Gerson, who stopped here on her return from Europe.

Everyone was enthusiastic and eager to learn. They experienced the delicious Gerson meals – breakfast and lunch for two days. Regular breaks offered peppermint and chamomile tea and goodies. Everybody seemed to enjoy the variety of tasty and colorful vegetables. Conni Spancake, the local coordinator for the workshop, even supplied some fresh-picked organic vegetables from her own garden.

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Yummy!

Before the actual event, Conni spent many days and hours planning and organizing, starting in early August. She worked closely with Melinda and Carol of the Gerson Institute. It was not a small undertaking. The Institute announced the workshop on their website, generating many telephone and email inquiries that required responses from the Institute and Conni.

Dates had to be firmed up, a location secured, a press release written for media outlets, and food shopping lists made. When the workshop day drew closer the food had to be ordered and stored. Just the food preparation was a monumental task, such as making oatmeal for 30 rather than two. Carol recommended that food preparation be broken down into detailed units to clearly assign duties and to be able to order a sufficient supply of food for the anticipated group.

The workshop was held at the Plymouth Assembly of God Church, which has a large kitchen with a com-

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## 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

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## MY "JOURNEY" TO THE GERSON INSTITUTE

On October 12, 1981 my family's whole world crashed when our five-year-old daughter, Kim, was diagnosed with Acute Lymphocytic Leukemia. After being told she had an 85% chance of living five years, I was determined to keep her alive as long as possible. At that time I was not aware that there were "alternatives" to chemo and radiation, so Kim endured the tortures of conventional medicine for six painful years until her death in 1988. She was a very brave little girl, never asking "why me," never complaining. I learned so very much from my child.

By experiencing the effects of her illness and untimely death, as well as meeting many parents of "cancer kids" along the way, I was placed on a spiritual path that led me to search for ways to cure cancer without pharmaceutical drugs. I prayed to discover my purpose in life and in 1999 I

received my answer: I was led to the healing art of massage and essential oils. The essential oil company that I chose as my supplier, educated me on the necessity of "getting back to nature" by using God's gifts to us in the form of healthy food from the earth. So for the next three years I studied night and day, everything I could get my hands on to increase my knowledge and understanding; my goal was to help my clients, family and friends.

In September 2002, my business was slowing along with the economy, so I decided I needed a second job - but it had to be a place of healing - graced with warm and friendly people to work with. I picked up the classified section of the San Diego Union Tribune and the first ad I came across was a Client Services position at The Gerson Institute. The job description was perfect, as I get the most satisfaction in life helping others find hope and healing.

As you can see I got the job and I have been blessed immeasurably by working at the Institute. I have been re-training my body to eat healthy (and like it!) by using the Gerson diet and have even mastered the coffee enema! Never in my wildest dreams could I have imagined that I would be taking that kind of "coffee break!" Charlotte has been a tremendous inspiration to me and I will never be able to thank her enough. Through her diligence in keeping the Gerson Therapy alive, maybe someday I will be able to help convince parents to stop feeding their children junk and get them back to nature's pure food so they can prevent their children from suffering the effects of degenerative disease.

May God bless you all,

Melinda Greven



25 Years Ago ...

### I Alarm a Husband

by Charlotte Gerson

A quite elderly woman, a patient at our first Mexican Gerson hospital, brought her still more elderly and somewhat shaky husband along with her as her companion. On one of my first visits to her room, I chatted with her about her medical history and problems, and the events and progress she might expect during her stay with us and thereafter.

While we spoke, I noticed her husband sitting in the corner quietly, doing his best to control his rather shaky hand.



When I asked if she had any questions, she indicated that she had already read Dr. Gerson's *A Cancer Therapy: Results of 50 Cases*, including the statement he made that some post-menopausal women

whom he had treated with his Therapy had resumed their periods. Somewhat timidly she asked me, "Do you think I could have another baby?"

While I was trying to maintain a straight face and answer her question (in the negative, by the way), her husband, alarmed, piped up.

"Hey," he said, "I think that I will have some say in that decision."

### 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.



## Gerson in Asia ...

*continued from page 1*

for two major obstacles. First, the 20+ hour air trip to Bangkok is more than Charlotte is willing to bear, and secondly, she was already scheduled to travel for a month to Italy, Hungary, England and Ireland for a lecture tour of her own. So, she asked your Editor to go in her stead, which he accepted.

As soon as the decision was made, others in Southeast Asia decided that the visit would be a splendid opportunity to bring Dr. Gerson's Therapy to their countries as well. Before long, Singapore and Kuala Lumpur had been added to the speaking schedule, and the trip was extended to a month.

We didn't know what to expect as far as reception in Asia, but what we got was far more enthusiastic than we could have ever imagined. In Bangkok, over 500 people filled the Impact Centre convention hall meeting room. In an extraordinary departure from our American experiences, about 150 of the attendees were medical doctors! Later we found out that a well-known and popular naturopath, Dr. Indrakamheng, had healed himself of cancer using the Gerson Therapy and had written several books extolling the method and alternative medicine in general. Immediately after our lecture, powerful and popular retired Army General Prasarn took the podium to speak about his recovery from prostate cancer, hypertension and high cholesterol using the Gerson Therapy, experiences about which he, too, had written four books. The name Gerson was clearly widely known and respected in Thailand, and there was more demand for appearances and meetings that we could not accommodate due to time constraints. In addition, interest in starting Gerson Centers in Thailand was high, and we are exploring those avenues.

After a brief stay at The Rose

Garden, a beautiful garden hotel outside Bangkok, we proceeded to Singapore, a modern, gleaming, efficient and antiseptically clean equatorial city-state on the southern tip of the Malaysian peninsula. There, Mr. Peter Lim had carefully prepared the ground for a lecture and seminar on National Day, no less (their equivalent of the Fourth of July for Americans). Interest in "alternative" methods is high in the general population, which resulted in a full seminar room and excellent response to the presentation. There is a growing interest in Singapore, too, for having a Gerson Center of some kind, either educational, inpatient or outpatient in the near future. Some political questions will have to be resolved there, as Singapore is more like the United States in its regulatory climate. Nonetheless, with the intense interest from the population, the desire of the people for a Gerson option will be difficult for the contrary powers to suppress for ever.

Mr. Lim saw to it that we were shown the best that Singapore had to offer, including a zoo for nocturnal animals that was only open after dark!

The next stop was in Kuala Lumpur, Malaysia, where Mr. Michael Yip had arranged for us to meet with an impressive array of luminaries, from the King of Malaysia to the Minister of Health, from wealthy businessmen to large landowners and monks. The seminar went so well there that our sponsor is exploring the possibility of opening a pilot Gerson Therapy program at one of his resort/golf properties in the high hills outside Kuala Lumpur. The property is a large tract of jungled hills on which the fanciful owner has built a French village, a German castle and a Japanese tea-house, among other facilities, and may build the Acropolis of Athens next. The idea of a Gerson Therapy program in that beautiful and exotic setting is very exciting.

Combined with the program that Dr. Yoshihiko Hoshino is running in Japan, and the amount of interest that was generated in several countries beyond Thailand, Singapore and Malaysia, it is clear that other forces had long been at work to make known the Gerson Therapy and Dr. Gerson long before we arrived in Asia. This may be attributable to several factors.

First of all, Dr. Gerson's therapeutic methods are much more acceptable to the Oriental culture and folk medicine than they are to the average American or Western European, in that Gerson's concepts of healing and nutrition are not so foreign to their own. Also, the pharmaceutical companies have not yet become so entrenched in Third World countries due to the general inability of much of the population to afford outrageously priced and ineffective drugs. Gerson's methods themselves are powerful and effective, a fact that in Asia does not have to be constantly proven to unreceptive physicians, as many in that part of the world have benefitted from them over the past 40 years. Due to the efforts of the Gerson Institute and Charlotte Gerson, among many others, Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*, and Charlotte's book, *The Gerson Therapy*, have been translated into Japanese and Korean, and people are using them to heal themselves in those countries as well.

We returned home after a grueling month of meetings, lectures and consultations with a renewed commitment to bringing the Gerson Therapy from its current place as a little-known but effective method to its rightful place in the sun as a viable, well-known and plausible choice in the medical treatment of degenerative diseases of all kinds. As developments occur, we will keep our readers informed through the *Newsletter*.



*Keeping our life fires burning*

## Enzymes – Our Living Spark Plugs

by Howard Straus

When we were in elementary school, most of us got educated about fire, one of the most useful tools of mankind, and one of the most dangerous processes for children to get to know. It is necessary to acculturate children to this phenomenon at a very early age, because it will soon become all too easy for them to start a fire, at their peril.

We learned that three things are imperative for the process of fire to exist: fuel, oxygen and heat. Remove any one of the legs of this mnemonic triangle and the fire is extinguished, or never starts in the first place. If there is no fuel to burn, no fire will start, no matter how hot the temperature or how much oxygen is present. If there is fuel and oxygen (such as a book on your lap), but insufficient heat, you are still safe. If there is fuel and heat, but the oxygen has been removed, fire will be extinguished, the principle behind throwing a blanket over a fire to put it out. These are not complicated concepts, and have been passed along virtually since fire was incorporated into our lives as humans.

There is another kind of fire that we depend on as well to keep us alive. That fire is our metabolism. You may have never thought about it, but there is some "magic" process that keeps our bodies from cooling down to room temperature, that "burns" our fuel (food) intake to convert it to heat, energy and movement, and powers all the myriad known and unknown processes that maintain life in our body. Our metabolism is, for all intents and purposes, a slow fire that uses fuel and oxygen to create the power we use in our day-to-day lives.

Now is the time to start thinking about the fuel-heat-oxygen triangle in the context of a slow fire. We have no problem with the fuel, that is supplied in abundance by our intake of carbohydrates, protein and fat. The oxygen, though a bit more problematical, is extracted from the air around us by our lungs and passed into our bloodstream as dissolved gas. So far, so good. But nowhere in our bodies is the temperature high enough to cause spontaneous combustion of these two necessary elements of a flame. If our bodies did get that hot, we would be unable to hold paper in our hands without it bursting

*It behooves us to maximize the performance of our enzyme systems by taking in enzymes from their natural sources: fruits, greens and vegetables while avoiding enzyme inhibitors, or toxins*

into flame. Yet, the fuel and oxygen do combine, giving off heat and energy, just like in a steam engine (except much, much more efficiently). How do they do that?

The answer is in our enzymes. These special and vital chemicals are the "spark plugs" for our very slow fire, a fire that burns steadily and at very low temperatures (98.6 degrees F. or 37 degrees C.) to keep us warm, functioning, moving and alive. In a sense, they take the place of the high ignition heat necessary for an open

flame, and allow us to live without being hot enough to burn paper. What we need to see here is how vital it is that we get enough enzymes in our intake and that the internal conditions for their activity are maintained properly. The opposite is very obvious: poisons are defined as "enzyme inhibitors." Snake venom works by disabling one or another vital enzyme, for instance, the one that enables the autonomic (automatic) breathing system, resulting in our suffocation while in the presence of plenty of air. Enzyme inhibitors, therefore, may thus also be called "poisons."

From the above, you can see that it behooves us to maximize the performance of our enzyme systems by taking in enzymes from their natural sources: fresh fruits, greens and vegetables, while avoiding enzyme inhibitors as much as possible. This is easier said than done, though.

For one, enzymes in our foods do not survive the cooking process. Thus, to assimilate enzymes, it is necessary to eat foods that have not been heated to the enzyme-killing heat of 140 degrees F. (60 degrees C.), namely, raw food. This task is not all that difficult, as fruits and green leafy salads are high in enzymes ... as long as we eat them. If we eat only cooked, processed or packaged foods, we may be certain that we are getting no enzymes at all. This will play hob with our body processes, which will eventually run down and fail, one after another or all at once. We will also have no choice as to which functions will fail first.

Next, we must avoid substances that, like snake venom, will interfere with our enzymatic processes. While potassium, which occurs in abundance in our raw vegetable and fruit surroundings, is an enzyme activator, its counterpart element, sodium, is an enzyme inhibitor. Remember, from above, that

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## From the Medical Journals

by Charlotte Gerson

### Infusing Chemo Drugs in Colorectal Cancer

In the August 19th, 2003 *Journal of the American Medical Association (JAMA)*, there was a rather short article taken from the *Lancet*, a highly respected British medical journal. This is of special interest because of the report by Prof. Dr. Hoshino (of the Fukushima Medical School in Japan) published in our last *Newsletter*, Vol. 18, No. 5. As you will recall, Prof. Hoshino suffered from colon cancer with liver metastases and treated himself with the Gerson Therapy (no chemotherapy). Now, after almost 11 years, he is not only fully recovered but has helped many other patients to recover on the Gerson Therapy. He wrote a book (in Japanese, since also translated into Korean) describing his recovery, therapy and 12 additional successfully treated cases.

The *Lancet* article describes the intravenous infusions, into the portal vein, of chemotherapy (5 FU plus heparin) after surgery for colon cancer. 616 patients received the chemotherapy while 619 patients were used as controls (did not receive chemo). The results were: 164 (26%) of the control group and 173 (28%) of the treated group died. There is no statement as to the time elapsed till death from the start of the experiment.

Survival at five years did not differ significantly among the two groups (73% vs. 72%). The number of patients with liver metastases also did not differ significantly (79% vs. 77%).

The interesting point is the 'interpretation': "5FU at the dose given cannot be recommended as the only

adjuvant (in addition to surgery) treatment for colorectal cancer." *Lancet* concludes that the results could be better if a higher dose is administered, in addition to possibly a second chemo drug: mitomycin. We have unfortunately seen what happens when one drug is not very effective and a higher dose is administered or a second drug is added. We are surprised that the medical community is still pushing in that direction.

### Scarce Available Treatment for Drug Addiction in Adolescents

In the same issue of the *JAMA*, an article appears under the heading *Adolescents and Illicit Drug Use*. We are all painfully aware of this problem. However after the description by the *JAMA* authors, the heading under "Treatment" was of interest. As many of our readers know, we have seen some remarkable and rapid results in the treatment and clearing of drug addiction by the Gerson Therapy with minimal or no withdrawal symptoms. We were fortunate to be able to demonstrate one such recovered patient in the course of the Cancer Control Society Convention over the past Labor Day in Pasadena, California. While the Gerson Therapy seems to be able to deal with this problem quite readily, the *JAMA* authors write: "Once a drug use problem is identified, treatment resources for adolescents are alarmingly scarce. Substance abuse treatment of adolescents requires a broadened scope of services, including family interventions, mental health care, remedial education, vocational habilitation and community outreach."

## Correspondence

### Ellen Beck, Daughter of Dr. Gerson's Patient

Earlier this year, a precious voice from the past was heard. Ellen Beck, who knew Dr. Gerson, wrote a much appreciated letter.

"Dear Mrs. Gerson,

"Thank you so much for allowing me the opportunity to speak with you.

"My familiarity with Dr. Gerson's therapy goes back 55 years when my mother was his patient. She had been diagnosed with ulcerated [sic] colitis, so bad that my father was released from the army because her situation was in the final stages. Pain killers were no longer effective.

"Everything changed when my mother began Dr. Gerson's treatment — liver juice, medications, enemas, etc. She started getting better.

"The very happy result is that my mother lived to [age] 95 with no medical problems and a brilliant mind totally intact. We had just come back from traveling four months in Europe (at 94!) when she fell, which impaired her moving out of bed and caused her demise.

"I idolized your father for his medical genius and his genuine kindness. I commend you for carrying on his work.

"Appreciatively,

Ellen Beck"

[Please note that a patient suffering from ulcerative colitis was given enemas as part of her treatment! — CG]

**Give a friend a subscription  
to the Newsletter ...  
a great holiday gift!**



## Microwave Savvy

Charlotte Gerson

As a seventh grade student, Claire Nelson learned that di(ethylhexyl)adepate (DEHA), considered a carcinogen, is found in plastic wrap.

She also learned that the FDA had never studied the effect of microwave cooking on plastic-wrapped food. Claire began to wonder: "Can cancer-causing particles seep into food covered with household plastic wrap while it is being microwaved?" Three years later, with encouragement from her high school science teacher, Claire set out to test what the FDA had not.

Although she had an idea for studying the effect of microwave radiation on plastic-wrapped food, she did not have the equipment. Eventually, Jon Wilkes at the National Center for Toxicological Research in

Jefferson, Arkansas, agreed to help her. The research center, which is affiliated with the FDA, let her use its facilities to perform her experiments, which involved microwaving plastic wrap in virgin olive oil.

Claire tested four different plastic wraps and "found not just the carcinogens but also xenoestrogen was migrating [into the oil]." Xenoestrogens are linked to low sperm counts in men and to breast cancer in women. Throughout her junior and senior years, Claire made a couple of trips each week to the research center, which was 25 miles from her home, to work on her experiment. An article in

*Options* reported that "her analysis found that DEHA was migrating into the oil at between 200 parts and 500 parts per million. The FDA standard is 0.05 parts per billion."

Her summarized results have been published in science journals. Claire Nelson received the American Chemical Society's top science prize for students during her junior year, and fourth place at the International Science and Engineering Fair (Fort Worth, Texas) as a senior. "Carcinogens at 10,000,000

Times FDA Limits"  
*Options*, May 2000.  
Published by People  
Against Cancer, 515-  
972-4444.

We at the Gerson Institute have long cautioned against the use of microwave ovens for many reasons. First of all, the process alters the structure of proteins contained in foods,

rendering them unassimilable and useless. Secondly, all microwave ovens leak electromagnetic energy to some extent at the most damaging frequencies for human beings. They must be viewed as "cooking the cook," as we are fond of reminding our seminar audiences worldwide. Therefore, the question is not "Are they harmful?" so much as "How harmful are they?" This is a question that has remained unresearched as well. Now, we have another very good and very powerful reason to unplug that microwave oven in your kitchen and give it away — preferably to someone you *don't* like!

## Enzymes ...

*continued from page 5*

is equivalent to saying it is a poison, or toxin. When we eat highly salted foods that have been processed or cooked, we are delivering a double whammy to our bodies. All enzymes in the food have been destroyed by cooking, and what enzymes our bodies have managed to salvage or manufacture are deactivated by the sodium from the salt (sodium chloride, or NaCl).

Over-the-counter and prescription drugs are enzyme inhibitors, as well. That is how they do their jobs. That is also why they have "side effects." One or another of our enzyme processes is interfered with, causing something to go wrong that was not a target of the drug. The analogy would be like pulling a spark plug from an engine where a cylinder is burning too hot, only to find that the engine now has a nasty vibration because the cylinder is no longer firing at all. Sodium, drugs and poisons like nicotine and alcohol interfere with the smooth and vital functioning of our body processes.

What to do? In order to maximize the health of the vital functions of your body, including your immune system, heartbeat, breathing, digestion, brain function, reproduction, elimination and so forth, eat lots of raw fruits and greens, and drink fresh fruit and vegetable juices instead of canned, bottled, dried, frozen, cooked, salted, processed and refined foods. The latter invariably contain huge overdoses of sodium, either as table salt, MSG (monosodium glutamate), baking soda (sodium bicarbonate) or sodium saccharine. The fluoride in your tap water is sodium fluoride, so avoid it if the water is fluoridated, both to avoid the fluorine and the sodium. Eat only organic produce, which is most likely to have been treated in a way that will maximize its natural enzyme content. And, for heavens' sakes, raise your kids to eat this way, too.

So, maximize and enhance your enzyme systems, and Be Well!

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## Genetically Modified Foods

by Charlotte Gerson

On Sunday, May 25, 2003, an article appeared in the *San Diego Union-Tribune* (p. A-1) with the headline, "U.S. takes aim at European ban on modified food," by Bill Lambrecht of the *St. Louis Post-Dispatch*.

The problem is that for nearly five years, Europe has banned genetically modified foods from import, and the huge bio-tech companies, particularly in the San Diego area, are fighting for the European market. The bio-tech companies proclaim that the altered foods could fight world hunger.

On February 13, 2001, the *New York Times* (p. C2) published an article with the headline,

"Farmers Favor

Genetically Altered Crops, Producers Say," written by David Barboza. He cites Monsanto's claim that the numbers of acres planted with genetically altered crops are going up, and that farmers favor these crops because they offer higher yields and require fewer chemicals. Besides they claim that "most markets accept the crops."

Charles Margulis, a spokesman for Greenpeace, said he didn't trust the figures supplied by Monsanto and other biotech companies. He said, "They do the same thing every year: they say the numbers are going to go way up, but last year the government showed they were down."

Dan McGuire, a spokesman for the American Corn Growers Association, said "he too was puzzled by the numbers. A year earlier, his

association released its own survey, which indicated that farmers were significantly scaling back their planting of biotech crops." He expects much of the same this year, particularly after the controversy over StarLink, which was supposed to be used only as animal feed. In September, [2002] however, it was discovered that StarLink had accidentally leaked into the human food supply." The article continues with this statement, "Also, earlier this year, a Reuters poll at the annual meeting of

the American Farm Bureau Federation said that farmers were planning to reduce biotech plantings by 15 percent."

Why are we so concerned? The problem is that nobody can say

*Nobody can say  
for sure that  
genetically  
(biotech) altered  
foods are safe*

for sure as yet that genetically (biotech) altered foods are safe. In animal experiments, it cannot be shown that longer term ingestion of these foods does not produce genetic changes. There is a further problem: pollen from genetically altered crops can easily cross-fertilize other natural crops and, in the future, all the world's foods could be changed. The worst problem could be that the damage caused by the 'new' genetic crop pollution cannot be reversed! You can't put the genetic genie back in the bottle. The possible changes caused by those foods to the human population is not yet assessable.

It does not help that the U.S. is attempting to force the nations of the European Union to accept the altered foods that they have been banning. Already, relations with Europe are "too frayed from the Iraqi war for the sort of

full-blown trade conflict that the U.S. has initiated this month." The *San Diego Union-Tribune*, in a front-page article on May 25, 2003, reported that "the presidential speech last week was hard-edged and adds up to a coordinated offensive that has stunned European leaders."

The Europeans argue that they are working diligently to end the moratorium which has been in place for some five years, based on their 'precautionary principle' requiring exhaustive analysis of new technologies.

If the biotech companies really believe that their products are such a boon to humanity, and are so proud of them, why have they fought tooth and nail for years against a requirement that GMO content be indicated clearly on food labels?

We can only caution our readers again to insist on buying organically grown foods to protect their health and that of their offspring.

### *In Memoriam*

#### **Ernesto Contreras, MD (1915-2003)**

It was with the deepest sadness that we learned of the passing on October 14, 2003 of one of the giants of alternative medicine, a principal proponent of Laetrile, our selfless friend and constant supporter, Dr. Ernesto Contreras. The Gerson Institute, its members and friends join in sending his large family our heartfelt condolences. The passing of this great friend, who came to our assistance in a time of dire need, is an immeasurable loss to us, to his family and to the World.

We will have more on Dr. Contreras in our next *Newsletter*, as it was impossible to honor him properly in the short time we had before we went to press.



continued from page 2

mercial oven. However, most of the food was prepared at Conni's home. Many hands were needed to prepare Hippocrates soup for 30 people. Carol took charge of this task and enlisted all of us, including Charlotte, in cutting up vegetables. After the two huge pots finished cooking Kim (Conni's daughter) took over in helping to crank the food mill.

Off the church kitchen is a large fellowship room, which we transformed into the classroom and equipped with overhead projector, screen, blackboard etc. Charlotte and Carol did an excellent job teaching, demonstrating juicing and injection techniques. We had a live participant on whom to demonstrate

the administration of the B<sub>12</sub>/liver extract injection. The participants also had many questions which Charlotte and Carol answered patiently and thoroughly. There were also many requests for book signing and photo ops with Charlotte, which gave the whole event a very personal (and personable) feel.

The evaluations were enthusiastic. Many spoke of the desire for a return visit. All left sensing a common bond and a determination to improve their health and share the information with others.

Even the weather was picture postcard perfect. The bright October sun made New Hampshire's famous fall foliage colors more vivid. It couldn't have been nicer.

### **Some Holiday Humor ...** by Charlotte Gerson

A quote from Bernie Siegel's book, *Love, Medicine & Miracles*, which he says is somewhat circumscribed (I don't know the original):

"Doctors are busy playing God when so few of us have the qualifications. Besides, the job is already taken."

Beata Bishop, in *A Time to Heal*, describes her first contact with Gerson hospital staff. "There was a knock on the door. 'Jews!' a voice called outside. Then a hefty maid entered, carrying a trayful of khaki-colored drinks in tall glasses. 'Jews!' she repeated. Ah, *juice*, I thought, identifying the word I was to hear thirteen times a day for the next two months."

## *Non-Toxic Cleaning*

### **Miracle II Products**

by Howard Straus, Editor

It has always been a great annoyance to us that no matter what cleaning products one uses, it is virtually impossible to find cleaners that are not toxic in some way. Even most "natural" products have annoying and heavy scents. Fluoride-free toothpastes and shampoos contain toxic sodium lauryl sulphate (SLS), an engine degreaser, to make them foam. Soaps contain scents, detergents and rendered animal fats, among the many offensive ingredients. I personally have always settled for the "least damaging" products, rather than being happy with any one.

Thus, it was with great excitement that we heard about Miracle II products. The story of their development is so implausible that it had to be true: nobody would dare make up such an outlandish tale. But the most important properties had nothing to do with their genesis. These products are non-toxic and contain no harsh chemicals or ani-

mal byproducts. We called Joyce Riley, the nurse who brought Gulf War Syndrome (GWS) to the attention of the American public, to check on the product's claims, and were stunned by her unqualified and enthusiastic endorsement. Joyce regularly has Charlotte and your Editor on her nationally syndicated "The Power Hour" radio show, and is a big Gerson fan. She not only loves the products, she sells them all.

So, we tried them out. The Miracle II list of products is very short, but the most prominent is their soap, which we ordered. By the time the first bottle was done, we realized that we had found what we had been looking for so long: a non-toxic product that was so versatile we literally threw every other household cleanser out of the house: window washing solution, dish soap, enema bucket cleaner, toilet de-limer, shampoo and hair conditioner, shower and shaving soap. Charlotte is

very sensitive to toxic products, so when she tried the soap with no ill effects, we knew we had a winner.

Now, we hate to sound like an infomercial, and know that we could not credibly be this enthusiastic about this product if we sold it (we don't), but we are truly delighted to share this information with Gerson persons looking for non-toxic cleaning products, as we did for so long. We should like to recommend you look at the website [www.miracle2soap.com](http://www.miracle2soap.com) for their entire line, or order some of this amazing stuff from Joyce Riley at (877) 817-9829. You will also be helping Gulf War veterans suffering from GWS when you do, as Joyce provides many of them with Miracle II products for free. It seems that the skin-care Neutralizer Gel is the only thing that relieves the discomfort of the skin rash many of the vets suffer from.

We will write about some of the other Miracle II products in the future, as we are always interested in getting information to our readers that is useful and helpful in their day-to-day lives.