

Gerson Therapy in Europe ...

A Hungarian Castle

by Charlotte Gerson

The Gerson Therapy is by no means new to Europe. It not only originated there but it has found a great deal of interest there, too. For one, the "Gerson Support Group" in England, started by Dr. Gerson's granddaughter, Peggy Straus-Dego, has been very active, promoting the Treatment, the ideas and its practice. Many patients in England as well as on the European mainland, have been treated and cured. Dr. Gerson's original book, *A Cancer Therapy: Results of 50 Cases*, has been translated into German and Rumanian. Furthermore, *A Time to Heal*, a book written by recovered melanoma patient, Beata Bishop, was translated into German, Hungarian, Finnish, and Slovak. Beata, with her knowledge of Hungarian, has traveled regularly, twice a year for a number of years, to Budapest, Hungary, and has lectured to doctors and university groups there.

It seems that the combined efforts of these many people is going to bear

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In His Own Words:

My 8 year Recovery from Pancreatic Cancer

by Lawrence Kirk

During my annual physical in the fall of 1993 the doctor "felt" something in my abdomen that he thought might be an aneurysm. The ultrasound technician could not get a good picture "because something in my stomach kept getting in the way."

By the summer of 1994 I had lost about 20 pounds and my wife noticed that I had lost a lot of energy. I went to see Dr. Braun, the family doctor, on the last day of August. After several tests he thought GI 'scoping' would be helpful. Dr. Stein performed an upper and lower GI scoping and provided me with some pictures of red spots in my stomach. He prescribed medication to reduce my stomach acid. In a few days I started having stomach pains and went back to Dr. Braun. A CT scan was performed on November 2. This is the radiologist's report: "An abnormal, irregular 5 cm mass is seen arising from near the junction of the head and

body of the pancreas. This mass is contiguous with the superior mesenteric artery and superior vein. There is abnormal edema or engorgement of the mesenteric venous structures and infiltration of the fat at the root of the mesentery." Dr. Braun immediately called and had me come to his office. He pulled out the foot of the examination table, sat down, and while looking down at the radiologist's report, he said, "You have pancreatic cancer. It cannot be removed by surgery, chemotherapy does not work, and radiation does not help. All I can do is help you find an oncologist."

For a few minutes the thought flashed through my mind that I would never see my grandchildren. It was 16 days before I could get an appointment with Dr. Wolfe, a surgical oncologist, who worked at St. Luke's Hospital in the Texas Medical Center. This turned out

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Recovery ...

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to be a very important 16 days.

As soon as we got home, my wife, Ruth gave me two books by David and Anne Frahm, *Healthy Habits* and *A Cancer Battle Plan*, to read. Eight days later I called Jim Forehand, a former Gerson patient and within a few minutes he came to my office with a copy of Dr. Gerson's book, *A Cancer Therapy*. He said, "You need to read this book and go to the Gerson Clinic." I was beginning to believe there was a way to cure cancer before I saw the oncologist.

Dr. Wolfe scheduled a second CT scan for November 21, this one at St. Luke's. A needle biopsy was performed and they kept me on the CT machine for a second needle biopsy. Neither biopsy was specific. On November 28, Dr. Wolfe said that he needed to do a surgical biopsy to determine the exact diagnosis before he could provide a treatment. He said it was possible that uncontrolled bleeding could occur and that he would need to open the abdomen to stop the bleeding. If that happened he would try to remove as much of the tumor as possible, and that he might need to remove part of the

pancreas, stomach and intestine.

I returned home late that Monday night in a state of shock and confusion. While my wife was gone to get the medicine I needed to prepare for the surgery the next morning, I called the Gerson Institute and talked to Norman [Fritz, Institute co-founder]. He told me about the Gerson Therapy and during our discussion he told me not to give up my organs. I learned that there were openings at the Mexican Gerson Clinic. When Ruth returned with the medicine, I told her that we were going to Mexico. Early the next morning I called the hospital and canceled the surgery. Dr. Wolfe called at the time of the scheduled surgery and told me that I had to have the surgical biopsy to determine the proper treatment, because "broccoli never cured cancer."

Before I left I talked to Jim Elk (another former Gerson patient) and was told to go to the clinic and do what the Gerson doctor told me. Ruth found a lady to take over her Christian book business; we made travel arrangements and arrived in Mexico on Friday, December 2, 1994.

Ruth and I spent 18 days at the Gerson clinic learning how to do the Therapy after we returned home.

I took extended sick leave then retired to devote full time to the Therapy. Ruth organized a support group to help us. The produce manager at a Whole Foods store 35 miles across Houston agreed to accept a FAX, fill our order and have it ready for our son or Ruth's brother and his wife to

pick it up on Saturday morning and deliver to us. By the end of January I had lost about 50 pounds, down to 123. After that time, I very slowly gained energy and weight (about half a pound a month for the first year). After a year I started gaining weight more rapidly for several months.

I urge all Gerson patients to look for some positive signs during the early days of the therapy. As I progressed into the first several months, I realized that the migraine headaches that had plagued me all my life had not occurred since December 2nd. I also noted that a pre-cancerous spot on my cheek was healing. Not having a weekly migraine was enough to keep me thankful and fully committed to the Gerson Therapy.

After 20 months on the Gerson Therapy, I had a CT scan made. I noted on the questionnaire that I had been diagnosed with pancreatic cancer and needed a follow-up CT scan and that I had not had surgery, chemotherapy or radiation. The nurse was sent out two times to question me about the treatment and time since my diagnosis. We could see the radiologist looking through my records then peering through the window at me in disbelief. The CT scan found no evidence of the

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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.

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GERSON® HEALING NEWSLETTER

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EXTRAORDINARY EVENTS PORTEND A BANNER YEAR

Dear Members,

On behalf of the staff and Board of the Gerson Institute, I would like to thank each of you for your friendship and support during the past year. Our membership renewals and new memberships are growing; donations are increasing, book sales and brochure requests are escalating, dozens of practitioners are awaiting news of upcoming trainings, world wide interest in new clinics is exploding and most important of all, more and more clients the world over are healing with the support of our incredible network comprised of skilled, caring personnel and devoted former clients, and support group members who volunteer their time. We daily live with the momentum that is building for this vital work. It is exciting and humbling to be a part of all of this.

2004 will be a year of new accom-

plishments and never-before-seen challenges – the opening of an 8-bed clinic in Kuala Lumpur, Malaysia and the opening of a 14-bed clinic near Budapest, Hungary. In just the past month, we have also received inquiries about new clinics in Costa Rica, the Philippines, Australia, India and Nicaragua. I share this with you as an indication of our increased visibility on the planet. It is the goal of the Institute to ensure the continuation of the work of Dr. Max Gerson in its highest level of integrity to anyone, anywhere. The thousands of unsung heroes, as Charlotte Gerson calls them, are our patients and their loyal helpers – those brave, devoted people who daily stay the course. We celebrate you – you are the true foundation for all that is now happening.

Our professional practitioners are equally vital partners in this work. We are planning the *First Annual Gerson*

Symposium in the spring of 2004. This creative forum will bring together new practitioners for Module I; formerly trained practitioners will have an opportunity to share their needs and gifts and develop a new support network; our teaching faculty will be comprised of the world's best; and former Gerson patients will be a part of this via panel discussions and case review opportunities. We will hold this in a tranquil setting in the mountains of California, complete with Gerson food and juices ... of course! Please feel free to email me at awilson@gerson.org if you would like to participate in the planning process for this special event.

I hope you had a peaceful holiday and wish you all a healthy and harmonious 2004.

Be Healthy and Happy,
Anita K. Wilson
Executive Director

Clarification

In an article in the last *Healing Newsletter* regarding nontoxic cleaning products, we recommended "Miracle II" soap, and still do. Some of our readers, however, apparently mistook Joyce Riley's The Power Hour radio show for a similarly named religiously-oriented show. That is incorrect. The show is effective exposing facts that we need to know, politically, medically, and so forth, not in any particular religious viewpoint. Ms. Riley has often had Charlotte Gerson and your Editor on her program, spreading the word about the Gerson Therapy, for which we are extremely grateful.

We noted that a portion of the pro-

ceeds flow to benefit victims of Gulf War Syndrome, a cause ignored by our government, that benefits only our injured veterans from two Iraq wars and an Afghan war. It is a secular cause worthy of all our support.

– Ed.

Did You Know ... ?

From Dr. Joseph Mercola, distributor of the *e-Healthy Newsletter*, we get the following bit of information:

Reuters, the world's largest media source, is controlled by the world's largest drug company! One of the major players at Reuters is also Chairman of the drug giant GlaxoSmithKline!

GERSON HEALING NEWSLETTER - PAGE 3

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.

Pancreatic Cancer ...

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tumor on the pancreas, the swollen lymph nodes were normal and the fatty infiltration of the liver was gone. All organs looked normal.

I continued to consult with Dr. Bravo and she continued to modify the therapy. She kept telling me to listen to my body and I would understand what it needed. I had another CT scan after five and a half years. No evidence of the tumor was found. After six years I injured my back. The doctor thought the pain was from the cancer returning, but an MRI was normal and a later body scan found a fracture of the T11 vertebrae.

Then eight years, one month and 20-days after I arrived at the Gerson hospital to start the Gerson Therapy my first grandchild, Caroline, was born. I thank God for leading me to this healing therapy.

I am thankful every day that I learned

from friends about the Gerson Therapy. After a few months Ruth was able to continue handling her book business. We deliver Christian books to several hospital gift shops including St. Luke's Hospital and the M. D. Anderson Cancer Center and do book fairs at private schools. I have also built a small organic garden, where I enjoy raising a few organic vegetables. I continue to consult with Dr. Bravo occasionally. Now, at 65 years of age, I have learned that I feel better when I do several juices per day and follow the modified Gerson therapy.



Above: Laurence and Charlotte at Gerson Center



Left: Laurence, Caroline and Ruth

Gerson in Europe ...

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fruit! Beata's publicity, along with her wonderful book, have been able to generate much interest in Hungary. Several doctors there, curious and inspired, have gone through the Gerson Practitioner Training Sessions and have become proficient Gerson practitioners, successfully treating cancer patients with the Gerson Therapy. Peggy Straus-DeGo, in Italy, has achieved a great deal of interest there, too. With her husband's original book, *Doctor Max*, a fictionalized biography of Dr. Gerson, translated into Italian, this work together with Peggy's activities, has helped the latest book, *The Gerson Therapy*, to be published in Italian. The first edition sold out in less than a year and the book is now in its second printing.

Not long ago, a well-to-do business-

man in Budapest, Hungary acquired an imposing castle in an area some 40 miles from the city. Due to some unforeseen circumstances, the original purpose of his castle didn't materialize – and he wondered what he was going to do with this magnificent structure located in a beautiful, huge park-like garden. He 'accidentally' met one of the Gerson trained physicians – and the penny dropped! He decided to make the castle into a Gerson clinic to help many suffering people recover!

In the course of my trip to Europe, during September and October, 2003, I stopped over in Budapest and had the opportunity to meet this gentleman. He showed me the impressive property, with seven luxurious rooms with bath ready, another seven in the process of being prepared for patient occupancy. There is a huge kitchen, cooling

rooms, a hydrotherapy bath room, wonderful terraces and social rooms, and dining room. Some work remains to be done; however the owner hopes to have the place ready to receive patients sometime in late spring or summer 2004. Naturally, we will report the progress of this project in our *Healing Newsletter* along with the progress of the projected Gerson clinic in the Western Pacific – announced in our previous *Newsletter*, that of November/December, 2003.

If all those wonderful plans solidify and Gerson Therapy hospitals spread to Asia and Central Europe, this year will be a banner year for people all over the world. We look forward to bring healing, even to preventing the world's most dreaded diseases in the not too distant future.

In Memoriam Dr. Ernesto Contreras, Sr. (1915-2003)

by Howard Straus

On October 14th, at 10:15pm, Dr. Ernesto Contreras, Sr. died of natural causes in Playas de Tijuana, Baja California, Mexico. We printed a notice of his passing in the last Newsletter, but due to deadline pressure, were unable to properly acknowledge his great accomplishments, humanity, friendship and help.

Ernesto Contreras was born in Guadalajara, Jalisco to a family that had lost everything to the Mexican revolution. Their woes were compounded when his father died, leaving a widow and five children eking out a living on a Mexico City teacher's salary during the depression.

Despite these seemingly insurmountable obstacles, Dr. Contreras graduated with honors from the Military Medical School in the capital, and soon afterwards wed his life partner, Rita Pulido. He specialized in pediatric pathology at Boston Children's Hospital under Dr. Sidney Farber, and later accepted a commission from the Army to become the first pathologist in Baja California.

Despite a generous offer from Mercy Hospital in San Diego and legal help to immigrate to the United States, Dr. Contreras remained in his beloved Mexico, in a small consultation office in Tijuana.

In 1962, Dr. Contreras' life took a dramatic turn, one that would lead him onto the world stage as a medical pioneer to some, and a heretic to others. Cecile Hoffman from San Diego had received laetrile for her cancer in Canada, and wished to continue the helpful substance under the care of a physician closer to home. Dr.

Contreras agreed to treat her, and was astounded when her cancer quickly cleared up. From this first case, Dr. Contreras received so many referrals that he soon had to open the facility now known as Oasis of Hope Hospital in Playas de Tijuana.

Over the ensuing four decades, over 100,000 patients have received treatment at Oasis of Hope, over half of them for cancer. They were able to get the compassionate, caring and often effective treatment denied them in the United States, only yards away. Dr. Contreras exemplified the medical phi-



losophy that he constantly drummed into his medical staff: love your patients as yourself, and above all, do no harm.

Dr. Contreras never set out to be an "alternative" physician; he perennially insisted that he was only seeking to provide the best therapy he could for his patients. His championing of laetrile led him to direct and controversial opposition with the American medical community, which seems to consistently oppose any safe or effective medication.

In addition to his medical practice, Dr. Contreras manifested his deep religious convictions by ministering to his patients' spiritual as well as medical needs. A profoundly compassionate man, he led services at Oasis' chapel on Sunday, never for a moment considering it a burden to come to his hospital seven days a week for decades. He was popular for his singing, songwriting and poetry as well as his attentive bedside manner, an art that has largely disappeared in today's technologically oriented medical practice.

Over his long and productive lifetime, Dr. Contreras was awarded many honors, and his list of accomplishments is almost too long to begin to list. It is, however, a telling tribute to the man's love and reverence for his family that among his most cherished accomplishments he counted his 62-year marriage to Rita Pulido de Contreras as one of his most important.

Always a fan and supporter of the various Gerson Therapy Centers in Playas de Tijuana, Dr. Contreras generously provided a home for the Gerson Therapy in a wing of his facility during a "homeless" period in the peregrinations of the Gerson treatment center. For two years, the Gerson Therapy was practiced at Oasis of Hope, before the current Baja Nutri Care complex was completed.

Dr. Contreras leaves behind him a lasting legacy of love, medical pioneering, a thriving and modern medical facility, over a hundred thousand grateful patients, and a family that numbers six children, twenty grandchildren and thirty great-grandchildren. His name will forever be associated with the provision of caring and effective medical treatment in Baja California.

We will miss this great man, and we consider it an honor to remain close friends with his loving and supportive family. Vaya con Dios, Ernesto!

The Horrors of Milk

by Charlotte Gerson

The following is a report on the study published by Shanti Rangwani, M.D., a columnist for the *Times of India*. More details can be found on the Internet:

www.alternet.org/story.html?StoryID=12002. I take no credit for the following material; it concerns work done and published by Dr. Rangwani. He gives his study the subtitle: "The Horrors of Milk."

We published in *Newsletter* Vol. 17, #3 of May/June 2002 the work of Professor T. Colin Campbell: "A Report on Nutrition Studies." He, also, clearly demonstrates in his research that milk, along with all animal proteins, is seriously harmful to our health. Where there is little or no milk, where people live on vegetarian foods, a vegan diet, there is virtually no chronic disease, especially no cancer!

Similar warnings about milk can be found in *Diet for a New America* by John Robbins, (Stillpoint Publishing, ISBN #0-913299-54-5). However Dr. Rangwani goes a great deal further, not only in his research, but in his conclusions about the dangers of milk.

He reports that drinking milk, according to medical research, is likely to cause anemia, migraine, bloating, gas, indigestion, asthma, prostate cancer, and a host of potentially fatal allergies. [Where was this medical research done and published? Why do Americans not hear these facts?] The government ignored this research and declares milk as essential to good health. It even subsidizes the milk industry to the tune of billions of dollars, and requires milk in its public school programs. Celebrities, in advertising programs, tell us that milk is rich

in proteins, calcium, and vitamins. Milk used to be decried only by natur-
opaths and vegans. However now the damage on our health by milk is being stressed by many mainstream doctors.

Dr. Shanti continues by reporting that the former Chairman of Pediatrics at Johns Hopkins University, Frank Oski, M.D. published a book titled *Don't Drink Your Milk*. In the book he blames every second health problem kids suffer on hormone-ridden commercial milk; 60% of ear infections in kids under six years of age. It is apparently even the number one cause of iron-deficiency anemia in infants, according to the American Association

**Milk from cows
receiving BGH is likely
to contain pus from
their infected udders,
since the hormone
promotes mastitis
in cows**

of Pediatrics.

Milk is particularly poorly handled by African Americans and most Latinos, Asians and Southern Europeans. They are apparently lactase [the enzyme needed to digest milk] deficient. In other words, most of the world's people are not biologically designed to digest milk! Dr. Rangwani writes: "Milk does *no* body good, but for the vast majority of the world's people – people of color – it is a public health disaster."

"No other animal drinks cow's milk, not even calves once they are weaned."

GERSON HEALING NEWSLETTER - PAGE 6

Dr. Benjamin Spock, the U.S.'s leading authority on child care, warned against "feeding cow's glue to children" since it can set them up for all the serious diseases in the future.

The USDA (U.S. Department of Agriculture) continues to require that school lunch programs include milk, always stressing that it contains calcium – in spite of the studies by Harvard that show an increase in osteoporosis and bone-breakage in people who consume milk. [The calcium contained in milk is not absorbed by the body.] The powerful dairy lobby also promotes the lies to continue to receive government support prices for this "health food." The government pays over a billion dollars a year for surplus butter.

"Dr. Robert Cohen of the Dairy Education Board, a nonprofit organization dedicated to exposing the milk lobby, contends that the dramatic 52% rise in asthma deaths among minority kids in New York coincides with the surplus milk, cheese and butter pumped into them under the USDA's free school lunch programs" states Dr. Rangwani.

The controversial Bovine Growth Hormone (BGH) is banned in most countries. It is given in large amounts to U.S. milk cows and has in fact increased milk production per animal from 2,000 pounds in 1959 to 50,000 pounds today. It is likely to contain pus from their udders since the hormone promotes mastitis. Dairy farmers treat this BGH-caused infection with heavy doses of antibiotics. This increases the germ's tolerance and decreases the effectiveness of antibiotics in humans. The Center for Science in the Public

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**Give a friend a subscrip-
tion to the Newsletter ...
a great holiday gift!**

Horrors of Milk ...

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Interest reports that 38% of milk samples in 10 cities were contaminated with sulfa drugs and antibiotics.

There is also a direct link between milk consumption and prostate cancer among African Americans, Dr. Rangwani states. The latter have the highest incidence of prostate cancer in the world. A study published in *Cancer* (the journal of the American Cancer Society) has shown that men who reported drinking three or more glasses of whole milk daily had a higher risk for prostate cancer than men who reported never drinking whole milk.

Dr. Rangwani concludes his report by stating that the dairy lobby continues to have the backing of most medical practitioners to promote their "drink milk" propaganda. All of the 1,500 studies listed in the publication *Medicine* deal with the pus, blood, antibiotics and carcinogens in milk while not one points to its 'goodness.'

Mothers, totally convinced of the 'goodness' of milk, and imbued with the propaganda that their kids need milk, are at a loss on how to replace milk in the children's diet. Meantime new propaganda has turned them on to soy milk! Soy products have been heavily promoted by industry and the stories being publicized are also full of half-truths and lies. Soy products contain a substance that blocks absorption of other nutrients from the gut – thus making other foods useless and promoting nutrient deficiencies! It does not prevent cancer; on the contrary. So, what to do? Of course we suggest the best possible product namely juice made from organic carrots, apples, etc. Avoid dry cereals for the kids and give them freshly cooked oatmeal with a fruit sauce – like custard with a delicious topping. At any rate, avoid cow's milk as well as soy milk for your children's sake.

Quotes from Ralph Moss on Chemotherapy

"Chemotherapy: A Dull Weapon"

A devastating blow has been dealt to the cancer establishment's "war on cancer" by the release of *Questioning Chemotherapy* by the legendary cancer researcher Ralph W. Moss, Ph.D.

The astounding conclusion one must reach after reading Moss's remarkable book is that chemotherapy, one of the most widely used approaches in the treatment of cancer, is simply ineffective in the vast majority of human cancers.

What may be even more frightening is that the research Moss has uncovered not only demonstrates that chemotherapy is all too often ineffective, but it is often extraordinarily dangerous both short and long term.

This important book, which exposes the nearly abject failure of chemotherapy, has come at the worst possible time for the beleaguered cancer establishment that was reeling from the resignation of Dr. Samuel Broder, the director of National Cancer Institute[s] (NCI) and Dr. Bruce Chabner, NCI's director of cancer treatment.

Increasingly we see our friends and family members dying of cancer after devastating illness often unaffected by treatments feared more than the disease itself. Though failure is always hard to admit, after decades with little success, it may be time to declare that chemotherapy is nothing more than a dull weapon – almost useless in the war on cancer.

In another of his excellent exposés, *The Cancer Industry* (p. 84) Moss quotes Dr. Victor Richards' book, *Cancer, the Wayward Cell: Its Origins, Nature, and Treatment*, Berkeley: University of California Press, 1972.

"Richards, for example, admits that in

the major forms of cancer (lung, bowel, stomach, pancreas, cervix, etc.) even palliation occurs only 'for brief duration in about 5 to 10 percent of the cases.' Yet he urges the use of drugs for such patients as well. His reason is revealing:

"Nevertheless, chemotherapy serves an extremely valuable role in keeping patients oriented toward proper medical therapy, and prevents the feeling of being abandoned by the physician in patients with late and hopeless cancers. Judicious employment and screening of potentially useful drugs may also prevent the spread of cancer quackery. ... Properly based chemotherapy can serve a useful purpose in preventing improper orientation [alternative therapies] of the patient."

Ralph Moss continues: "In Richards' view (and he is not alone), it is worthwhile to risk putting the patients through possible nausea, vomiting, dizziness, hair loss, mouth sores and even premature death simply in order to keep them 'oriented toward proper medical therapy' and away from 'cancer quackery.'"

It is devastatingly clear that even the practitioners of highly toxic chemotherapy do not believe in its effectiveness for most purposes except to fulfill the patient's desperation to "do something."

In the preface [p.5] of Dr. Moss's book, he quotes NCI oncologist Robert E. Wittes, M.D.'s *Manual of Oncologic Therapeutics* (1991) as follows: "One may hope that in another 10 or 15 years medical progress will make this edition of the *Manual of Oncologic Therapeutics* read like an archaic document for the Middle Ages."

We regard it that way *now!*

Ned Wright – Seminoma

by Charlotte Gerson

Edward Hunter "Ned" Wright was born December 8, 1962. He was in the Marines in 1982, when a jet fighter plane flew closely overhead and sprayed some white gas that 'hit' the group. They quickly dispersed and tried to take cover in a truck. However, when their uniforms were laundered, the material had eaten holes in the fabric and the uniforms were useless.

In 1993, Ned was in the Marine Reserves and was running the obstacle course. The men went through the mud – which later turned out to be contaminated with toxic material. The area subsequently was no longer used.

It was when Ned was 36, had just started his own business, that he noticed that his left testicle was larger than the other one and was also somewhat numb. Still, at that moment, he felt he "didn't have time to mess with it," so he went along for about another year, till 2000, before he went to see his doctor. His family doctor sent him to a surgeon, Dr. Sholem, in Phoenix, who did a biopsy on the testicle. It turned out to be a malignant seminoma. Radiation was recommended, but

Ned refused.

Some six months later, Ned had pain in the kidney area. He now had two tumors in the lymphatic system and one in the pelvic area which pressed on the kidney. Radiation was again recommended with a promise that it was 95% likely to produce a cure. Ned took three months of radiation treatments. At the end of that time, the tumors were apparently gone.

Another six months later, Ned had a check-up. Two new tumors showed up in the pelvic area plus one small tumor was near the kidney. Besides, a suspicious shadow was visible on the lungs. At this time, chemotherapy was recommended, again with the promise of 95% cure rate! He was treated with Cis-Platinum plus another drug, and finished with the treatment in the middle of December, 2001.

On January 25th, 2002, a PET scan revealed two metastases to the liver, some in the adrenals and in the pelvic area again. At that point, the oncologist recommended "High-Dose" chemo with a bone-marrow transplant. This time the promise was 20% cure rate.

of the youths that eat of the king's food; and as thou seest, deal with thy servants. So he hearkened unto them in this matter, and tried them ten days. And at the end of ten days, their countenances appeared fairer, and they were fatter in the flesh, than all the youths that did eat of the king's food."

Here is evidence of a dietary experiment that demonstrated what we now know to be the benefits of a vegetarian alcohol-free diet on health and youthful appearance, and all 5,000 years ago!

[This is, of course, entirely false, since metastases in the liver are never cured by chemotherapy.] The patient refused, having seen others in pitiful shape after such a treatment. He states, "I knew it would kill me" and decided to use the Gerson Therapy instead.

He arrived at the Gerson Therapy clinic in April of 2002, in his fortieth year. He reports going through heavy healing reactions during the first year on the treatment. However, as he is recovering, he is feeling his body coming back to life and more sensitive – while previously, during the time he was worsening, he became less and less aware.

His business is now thriving. He is feeling truly well. He is a painting contractor but is thoroughly aware of the dangers of paint fumes. He uses a respirator when he is in the area, and gloves for protection on a job.

Ned now says he loves to tell people his own story and to pass along hope! He has come up with his own motto: "Cancer-free in 2003; and out the door in 2004." He also promised himself that he would write "my heartfelt testimony if I was still alive after two years. That will be in April of 2004.

Ned, we are a bit early with your story; but eagerly await that testimony!

Benefits of Vegetarian Nutrition – From the Bible

An alert Patient Services member brought this item to our attention, right out of the *Old Testament*, noting the benefits of eating a moderate vegetarian diet, 5,000 years ago! It is a direct quote starting at Daniel, 1:12.

"Try thy servants, I beseech thee, ten days; and let them give us pulse [vegetables] to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance

Please Note:

Anyone wishing to buy or sell a used Norwalk Juicer should please contact Richard Boger, Norwalk California at (760) 436 9684.

Give a gift of Healing in 2004.
A gift membership to
the Gerson Healing Newsletter
will bring healthy news
all year long.

How Chlorine Affects Our Health

by Howard Straus, Editor

Chlorine is ubiquitous in our environment from man-made sources. Its major problem is that ... it works. At least, it works to disinfect water and whatever is immersed in the water cheaply and effectively. If that were the only thing it did, it would be a great boon, but, alas, it is not.

In order to understand the effect that chlorine has on our physiology, one must start with two basic concepts: iodine is the activator of our thyroid, and chlorine and iodine have the same chemical valence, or value.

The first concept is important because our thyroid is the thermostat of our immune and energy-producing system. When we have an infection, our thyroid senses it and turns our "thermometer" up, giving us a fever. The fever weakens abnormal and infectious organisms and cells, which are less resistant to high temperatures than our healthy body cells. When the germs or invaders have been weakened, they are more easily prey to our defenses. The thyroid gland is activated by trace amounts of iodine, one of the less active of the elements known as "halogens." If you are familiar with the periodic table of elements, you will know that the lighter the halogen, the more active it is, and the heavier, the less active. Activity determines which element is more aggressive in combining with other elements and compounds, so the more active element (chlorine) is more likely to combine with the same chemical than the less active (iodine).

In normal human activity, at least before technology, there was no major threat from chlorine, but now we have perfected the process of extracting

cheap chlorine for many purposes. Chlorine is so effective a bleach that we use it in our laundry (Clorox and others), we use it in our public water systems, public swimming pools are heavily chlorinated, foot baths in public locker rooms, kitchen and bathroom cleansers contain chlorine for disinfection, and hot tubs must constantly be replenished with it since it evaporates so readily. Our lungs absorb chlorine gas directly into our bloodstream. Literally, anytime you can smell chlorine, you are ingesting it into your blood. This constant exposure to chlorine makes it a plentiful competitor to iodine for chemical partners in our thyroid.

When the iodine is pushed out of compound from the places in the thyroid it should be, the thyroid loses some or all of its functions. Let's look a little further at the functions and see if we really want to do without them.

The disease and infection-fighting fever was mentioned above. But that is not the only temperature regulation the thyroid does. When we turn in at night, the thyroid senses a lack of movement in our limbs and muscles, and turns the thermostat down by three quarters of a degree (F) or so. This helps us to sleep well instead of being full of energy all night. In the morning, the opposite effect helps us to wake up and get on with our physical and mental activities, turning the thermostat up that same three quarters of a degree. If the thyroid is not strong enough to increase our temperature to working levels, not only are we more susceptible to infection, but we also face difficulty in waking up to the day. We "just can't seem to get going in the morning." Recognize that? All day long, we

need some kind of stimulation from mild drugs: coffee, sugar, cigarettes and so forth. Since the body burns fuel to provide the energy that we use, if we can't produce enough energy, we are not burning the fuel fast enough, and begin to put on weight from the constant sugar input we use to boost our flagging energy. You will recognize the symptoms above as something like "hypothyroidism."

There is another, less obvious, function of the thyroid, and that is to send the liver hormonal signals to tell the liver to remove cholesterol from the bloodstream. This is more serious than the low body temperature or sweet tooth. If the thyroid is not strong enough to send out the appropriate signals, less cholesterol will be removed from the blood than is necessary, and we will start to get arterial plaque from the excess cholesterol floating around in our blood. Arterial plaque is a life-threatening problem, so we need to keep this in mind when deactivating our thyroid.

Now, which of the above functions of the thyroid are you willing to do without? The infection-fighting and cancer-cell-fighting part? The energy production part? The effective thermostat part? The weight control part? Or the cholesterol control part? None of these are superfluous functions; all are necessary parts of our regulatory structure, and must be optimized, not destroyed. Yet, destroy them we do with our desire for a cheap disinfectant.

It is not easy to avoid chlorine, but it is highly worthwhile to do so. Don't linger where the smell of chlorine can be detected. Get chlorine filters for your showerheads. Avoid public swimming pools and hot tubs. Use non-chlorine bleaches and cleansers. Avoid closed areas where chlorine is being used, and recognize it for a threat to your health and that of your family.