



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

Documentary in Film Festival

Beverly Hills Film Festival to Screen "The Gerson Miracle"

by Howard Straus

As we were about to put this issue of *Healing* to bed, we got late breaking news from Steve Kroschel, the outstanding cinematographer who created "The Gerson Miracle," our new 91-minute documentary on the Gerson Therapy (see article, page 7) informing us that the Beverly Hills Film Festival had made a very rare exception to their strict deadline policy, and were accepting the documentary for screening at the Festival. The Beverly Hills Film Festival (BHFF) runs from May 6 through May 9th, 2004, in Beverly Hills, right in the back yard of all the major studios and international distributors. "The Gerson Miracle" will be shown Saturday, May 8th at 10:00am at the Clarity Theater, 100 N Crescent Dr # 150, Beverly Hills,

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Patient Story — Ernie Viano

Five Years' Recovery from Lymphoma

by Charlotte Gerson, completed by Ernie Viano

Ernie Viano was born in May of 1947. He and his wife were living in Alaska from 1990-1998, returning to their hometown area — Joliet, IL — in August 1998. At this time, Ernie was carrying 250 pounds on his 6' frame. In October he began to lose his appetite, was nauseated by the aroma of garlic (a favorite seasoning) and began losing weight.

In late December, early January 1999 he went to a longtime friend, a reflexologist, to remedy the problem. Only brief periods of relief were noticed after the treatments and the reflexologist suggested having tests done as Ernie's skin was now yellow. At about the same time, they were learning of Gerson from a friend who was practicing the modified program, recommended by Dr. Ross Hauser of Oak Park, IL. Three weeks later, the Vianos

were in Dr. Hauser's office. He suggested ordering the Gerson manual immediately and then began treating Ernie's jaundice with liver support and other supplements, and juicing.

Still, by late February '99 Ernie was very jaundiced and his Joliet physician ordered him to Silver Cross Hospital for tests, which suggested cancer but could not be confirmed without a biopsy. The Vianos had no medical insurance at the time so the biopsy was put off until Donna's insurance became effective in early April.

On April 10, '99, Dr.

Darbandi of Silver Cross Hospital performed the biopsy and advanced non-Hodgkin's Lymphoma was confirmed. Ernie continued organic juicing and

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Ernie and Donna

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Viano ...

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meals during his hospital stay as Donna would 'sneak' them in throughout the day.

Donna also was in contact with the Gerson Institute attempting to place Ernie in a Gerson facility while continuing her quest for more information about cancer through books given her by the oncologist. When Ernie refused chemo, one oncologist became clearly agitated and told him, "You read too much." Both oncologists were very intimidating, *insisting* chemo was Ernie's only hope. Each had an opinion on Ernie's prognosis without chemo: one gave him two months, the other six months. Ernie was now fearful he wouldn't see his 52nd birthday (May 7th) and agreed to take the chemo.

A MUGA scan revealed Ernie's heart was too weak to endure a full course of chemo; therefore a partial treatment was given and he was advised that future treatments would require a 3-4 day hospital stay to be administered as a "drip" so as not to damage and or stop his heart.

Upon leaving the hospital, Ernie's

medical records were sent to Gerson and he was accepted. Thinking he would be at the clinic in Sedona, AZ, he refused to go when he realized his destination was Tijuana. Donna told him he *was* going! They arrived at the hospital on May 10, '99, spent 17 days learning the protocol and returned home to continue the treatment.

At the time of his diagnosis, Ernie had a large tumor in the stomach area with metastases below the lungs. One year later, a CAT scan showed the lung area clear - the metastases gone: the tumor reduced by half! Yearly thereafter, each scan indicated that the tumor was further reduced.

Presently, there are some swollen lymph nodes, but the oncologist states they are not cancerous. Ernie had ten IPT treatments (Insulin Potentiation Therapy) in 2001 and believes "everything is great." Ernie had gone from 250 pounds to 179; but has gained much of it back. He is now 238, still eating organic, on the modified Gerson, feels great and is normally active.

Ernie says that during the five years he has been on the Gerson Therapy, he has felt fantastic while a number of his friends and acquaintances doing chemotherapy feel terrible. Since his diagnosis in 1999, the Vianos have lost a dozen and more friends and acquaintances to cancer. All were diagnosed after him. Sadly, all chose traditional treatments stating, they "have faith in their doctor."

Ernie and his wife now say "We are on a mission for Gerson Therapy

and health issues, speaking with anyone who will listen. We thank God for giving us the knowledge and strength to take the 'road less traveled,' and we are very thankful to the Gerson Institute, Dr. Bravo and the hospital staff."

Ernie closes by saying, "We thank Charlotte for allowing us to share our experience. Gerson and cancer have changed our lives in many ways. We have given several general health and nutrition presentations for our chiropractor, even taking our Norwalk and making juice. Several people have purchased juicers and have new thoughts on healthful eating. We receive calls from strangers who have heard of our experience. The involvement of helping others searching for answers is a great reward. We are creating a thirst for knowledge and awareness."

Because of their belief in the program, the Vianos have graciously allowed us to publish their phone number so that they can encourage others.

Ernie may be reached at 815-722-2243.

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

GERSON[®] HEALING NEWSLETTER

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DIRECTOR CAROL BEARD JOINS GERSON INSTITUTE STAFF

I will celebrate my first anniversary at the Institute on May 20th — a full year of joyously writing nothing but good news for our worldwide membership.

We are proud to announce the hiring of Carol Beard as our new Director of Professional Services. She has a more than 25-year history with the Gerson Therapy, in addition to having served as a volunteer, a Homecare Giver, Homecare Giver trainer and still serves in her highly valued role as President of our Board of Directors. She is responsible for supervision of the Client Services Department, organization and implementation of training programs and seminars, provides direct educational services to clients as needed and evaluates all current programs and services. She brings great leadership skills, a track record of client advocacy, well-integrated knowledge and application of the therapy, and a delightful sense of having a lot of fun

while accomplishing tremendous amounts of work. Carol, we already cherish your priceless contribution to this vital work.

We are still reminiscing over Charlotte's lovely 82nd birthday celebration. We feel a renewed sense of family and commitment to a challenging, growth-orientated era for Gerson. As usual, I am always so touched by the openhearted and loving support from our friends and members. I want to extend a special thanks to those of you who couldn't attend — we so appreciate your generous donations which will help promote "The Gerson Miracle." In the film, you will see wonderful footage of Stephanie, our beloved recovering 12-year-old. Weeks prior to our event, I contacted Stephanie's mother, hoping to bring them to San Diego to surprise Charlotte. As plans were proceeding, Stephanie's mother had to check her daughter's "social calendar." It turns out that Stephanie had been selected to model some high-

end children's clothing at a fundraising event the day after Charlotte's birthday and couldn't leave Colorado at that time!!

In mid-March I made a trip to the beautiful island of Hawaii to meet extensively with Nicole Baylac, ND, a Gerson-trained practitioner. She is in the process of establishing a small Gerson program 30 miles south of Hilo on the Big Island. She has a rich and varied background in natural healing and has done an incredible job networking during her year there to establish fresh, organic produce providers, finding the right people to train for her staff, identifying the necessary supportive and adjunctive resources and narrowing the field of beautiful, acceptable locations. Her website address is: www.mindyourbody.info

Be Healthy and Happy,

Anita

Alan Gorg writes...

Alan Gorg contributed his ocular melanoma success story to the last issue (Vol. 19 No. 3) of Healing. He just sent us this addendum.

At the time I wrote to you, a dear friend with a blood cancer who knows I am on a Gerson diet and inquired about it, had rejected the protocol of Gerson therapy as too difficult. Following her doctor's orders, she was hospitalized for stem cell surgery and various other procedures. At the time of my article, she had emerged and gone home, and I omitted mention of her case, as I thought orthodox methods sometimes do save lives.

Thereafter she suffered a heart attack and was ambulated back to Cedars Sinai cardiac unit. She has remained hospital-

ized for weeks and has had two surgeries to place tubes in her for kidney dialysis because her kidneys have failed (loads of drugs). They wanted to place a tube in her stomach, but an embolism there postponed that, while in the meantime they put one in her neck. Her next stop is a convalescent hospital. With the dialysis, they think they can keep her alive for three more years — if you call that living.

And she thought the Gerson protocol is difficult????!!!!!! Orthodox treatment seems a living hell.

I believe she was just so gripped by fear that her mind froze.

It takes will to live. Like my brother, she trusted and surrendered her will. Every day I thank God I trusted Dr. Gerson and myself.

— Alan Gorg

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.

Morbid Obesity Now No. 1 Avoidable Health Hazard

by Charlotte Gerson

Morbid Obesity is defined in *Taber's Cyclopedic Medical Dictionary* as:

"Obesity of such a degree as to interfere with normal activities, including respiration." Weight in excess of 100 pounds above normal average for the person's age, sex and build, is considered 'morbid'.

On March 10, 2004, a news item was released (KNX-1070 AM Los Angeles) that the Center for Disease Control (CDC) in Atlanta has upgraded obesity in the United States as the No. 1 preventable cause of disease, displacing cigarettes from that spot. The *Medical Dictionary* also gives obesity as a contributing factor to the following diseases: Diabetes mellitus (Type 2), hypertension and some types of cancer. It must be clarified that this edition of the *Taber's* is dated 1993 – and things have changed considerably. At that time, *Taber's* "estimated that 34 million adults in the U.S. are overweight." The more recent statement (2001) by the Center for Science in the Public Interest (CSPI) is that almost two-thirds of American adults are overweight. Obesity had doubled by 2001 from 1980; Type 2 diabetes has increased nine-fold since 1958, and heart disease remains the number one cause of death in America. Worst of all, obesity has become widespread in children! It is referred to as "Small Fries." The Offspring of Couch Potatoes. Between 1980 and 1994, obesity in American children increased by 100%; currently *one in four children* is obese. (Frank Booth, Ph.D. and Donna Krupa; hoothf@missouri.edu). Lack of exercise is one of the more important factors since, according to the reports of the above authors, the average child spends 900 hours per year in school and 1,023 hours watching TV.

Regular readers of the *Gerson Healing Newsletter* will recall an article that appeared in Vol. 18, #3, May/June 2003, titled "A Frightening Development," about very young children becoming addicted to Chicken Nuggets, devoid of any nutrients, but extremely high (over 60% of the calo-

ries) in fats, thus adding to inactivity in causing obesity as well as deficiency!

Another recent item was the report by Megan Lehmann on the study of the cinematographer who found the courage to test a 30-day diet of eating only foods at McDonald's, and film the result. His documentary, titled "Super Size Me," was a great hit at the 2004 Sundance Film Festival, and provides a frightening example, especially in view of the fact that so many people, children particularly, eat largely 'fast foods,' many at McDonald's restaurants.

You may have already read about or heard the story, but it bears repeating. The report is by Julie Soefer. Spurlock was a healthy 33-year-old man who was closely monitored by a gastroenterologist, Dr. Daryl Isaacs throughout his experiment. The doctor reported that Mr. Spurlock was "an extremely healthy person who got very sick eating this McDonald's diet." Mr. Spurlock ate all his meals exclusively at McDonald's for 30 days. After that month, he says "I got desperately ill. My face was splotchy and I had this huge gut. [He gained 25 pounds in 30 days.] My knees started to hurt from the extra weight coming on so quickly. It was amazing and frightening." His liver became toxic, his cholesterol shot up from a low 165 to 230; his libido flagged and he suffered from headaches and depression. "Within a few days of beginning his 'drive-through-diet,' Spurlock was vomiting out the window of his car, and doctors who examined him were shocked at how rapidly Spurlock's entire body deteriorated." (See the *New York Post* – online edition: McDonalds Study.)

(In an interesting tribute to the power of the documentary, within two months of the film's first showing, McDonald's announced that they were accepting their corporate responsibility for the epidemic of obesity and were going to begin phasing out their "Super Sizing" campaign within the next

year or two.)

We don't like to blame the children for inactivity and obesity for various reasons. It's not the mothers' fault, either. Very few mothers have any kind of nutritional guidance from their pediatrician. The problem is that he doesn't know much about nutrition, either. It's just the usual "protein, carbohydrates and fats" that he has learned about in medical school. The animal products are heat damaged, poorly assimilated, too high in cholesterol and deficient in true nutrients: vitamins, minerals and enzymes! The result is that children are not getting nutrients and actually, even after a complete meal, the kids are still hungry! The body demands not so much food, but good, usable nutrients! And the average American diet doesn't contain these essential nutrients. So the kids are not only hungry, but have low energy. Yet they want to play, win at games, run and eventually 'show off to the girls' but are unable. So they start to look for 'something' to give them energy. The problem is: they find it! What they find, often, are cola drinks (caffeine and sugar stimulants), cigarettes, with more toxic stimulants, and eventually alcohol and street drugs!

The only true method of avoiding this disaster is to give your children *truly nourishing* food: ORGANIC fruit and vegetables, much of it raw, unsalted, not fried and denatured. This is truly satisfying and obviously not fattening. Clearly, one has to start with this correct nutrition with the very young children and not spoil their natural instincts. For the adult, it's the same: the Gerson type food, fresh ORGANIC fruit and vegetables, and freshly pressed juices satisfy the need for nutrition, and they stop going for baked snacks, fried foods, heavy desserts and ice-cream. Result: complexion clears, high blood pressure and arthritis (and the need for drugs) disappear, cravings are banished, and one has much improved energy. We can happily report that many patients have been delighted to recover improved libido and sexual function.

UK Bans Dangerous Drugs for Use on Children

by Charlotte Gerson

While I was recently on a lecture tour of England, on September 20, 2003, a large headline appeared in the *Guardian*. It read: "50,000 children taking antidepressants." A sub-headline read: "Drug withdrawn over fears it made youngsters want to kill themselves."

This was a double shocker! Come to think of it, why are such a huge number of children 'depressed'? A number of decades ago this problem was virtually nonexistent! Why should children now be depressed? They should be living at the happiest, most carefree time of their lives. In the UK as well as in the United States, few children are hungry or homeless. Besides, those are not the ones that are medicated with anti-depressants! Their parents cannot afford doctors and drugs.

On the other hand, a study comes to mind, done in 1994 at the University of North Carolina at Chapel Hill, described in *Gerson Healing Newsletter*, Volume 9, #3, Sept/Oct. 1994. The researchers reported at that time that children who eat more than 12 hot dogs a month develop childhood leukemia more than nine times as often than normally expected. Also, children born to mothers who eat at least one hot dog a week during pregnancy have double the normal risk of developing brain tumors.

Clinical depression is presently described in *Current Medical Diagnosis and Treatment* (Krupp & Chatton) as having the following symptoms:

- Lowered mood, sadness to intense feelings of guilt and hopelessness
- Difficulty in thinking, inability to concentrate, inability to make decisions
- Loss of interest, less involvement with work and recreation
- Headache, disrupted sleep, change in appetite
- Anxiety
- Suicidal tendencies

It would follow that present-day food, loaded with pesticides and fungicides, as well as food additives, sugars, dyes, emulsifiers, preservatives and many more, foods bleached and depleted - lack of nutrients would have to be the culprit. Children are simply suffering from severe deficiencies and toxicity. The brain, this incredibly delicate tissue, responds to the burden by decreased function.

Sarah Boseley, Health Editor, the author of the article in the *Guardian*, reports further that one major anti-depressant is being given to some 3,000 children *even though doctors are told that it should not be given to anyone under 18 years of age.*

Another drug, Seroxat, distributed by GlaxoSmithKline (drugs have different

names in different countries) was also banned for anybody under 18 years of age. This drug was shown to be able to cause children to have suicidal thoughts or to become hostile. This word is used in clinical trials as meaning 'homicidal.'

There is worse news: The article continues, "Data which suggests these drugs could be causing children to feel murderous and suicidal has been in drug company hands for several years."

The drug described, Seroxat, belongs to a group known as 'selective serotonin reuptake inhibitors' or SSRI's, of which the one best known in the US is Prozac. It is not licensed for children.

These drugs also admittedly cause 'emotional lability.' This term is used to describe potentially suicidal behavior as well as self-harm.

At the end of the lengthy report is the story of a young lady, Holly Workman, who was first medicated at age 14. She had previously felt 'low' but had never felt like killing herself. After a few weeks on the drug, she began cutting her arms with knives and other sharp instruments, and her family had to hide all such items from her. She tried several times to commit suicide, even though "she hardly knew the person who was doing these things." When she stopped taking the drug, she felt better, but her G.P. (General Practitioner) felt she needed to continue it and persuaded her to go back on it! She eventually found out for herself that her nightmares stopped when she was off the drug for good.

Please Note: Liver Extract and Thyroid Again Available

by Howard Straus

Over the past few months, there has been some disruption in the orderly supply of some of the Gerson medications, notably thyroid and liver extract due to increasingly obstructionist tactics of the FDA, among other things. This has caused many of us to have trouble getting our prescribed preparations, and has caused some distress among our patients.

In response to your many inquiries, we have spoken with STAT about this, and they

have gotten it organized so that they are once again shipping liver extract and thyroid tablets to Gerson patients.

There is one little problem with the liver extract, still. For reasons unknown to STAT or to us, Foreign Customs will not permit more than 9 bottles of liver extract to enter their country. When they try, the packages are simply returned without comment. In order to assure delivery of liver OUTSIDE the US, they can only ship packages of 9 or

less bottles of liver. If you need more, there will necessarily be more postage, but that is the only way to get through. They have no good means to process refunds for partial or "short" shipments, so please make arrangements accordingly.

To contact STAT directly, please use the contact information in their classified advertisement on page 14 of this issue.

We sincerely regret any difficulty, concern or inconvenience that this disruption has caused. Please realize that we depend on these items as well, and always do our best to keep patients well supplied.

Institute Celebrates Charlotte's 82nd Birthday in Style

by Howard Straus

On Saturday, March 27th, 2004, the Board of Directors and staff of the Gerson Institute hosted an 82nd birthday party for Charlotte Gerson, their honored founder. And what a bash it was! The party was held at the La Costa Resort and Spa in Carlsbad, just north of San Diego, California, a very famous venue that is now owned by Deepak Chopra. The dining room where the party was held was in the Deepak Chopra Center, which had the additional great advantage of having a 150-seat movie theater available for a very important premiere, of which more below.

We cannot say enough about the excellence of the service that the staff of the conference center gave us! They all bent over backwards, including the very able coordinator, Terry, to make the event a smooth and memorable one. For the week or two immediately preceding the event, one or another of the staff was on the telephone with the Institute daily to make absolutely sure of the instructions for fixing Hippocrates' soup, juicing, cooking vegetables, purchasing organic ingredients, and a thousand and one details that Gerson Persons take for granted after a few years.

Beyond that, Richard Boger, our phenomenally generous and caring Norwalk Juicer representative, not only took an entire day to train the staff on the juicers, but supplied a juicer for the event and helped to make enough juice for 50 people or more.

The festivities began with a little "cocktail" party on the lovely patio adjoining the dining room, with the guests being offered a cornucopia of lovely vegetable crudites with a delicious yogurt-chive dip, an attentive wait staff floating about amongst them

with champagne flutes ... of apple-carrot juice! The evening was warm and lovely, and the patio borders Rancho La Costa's beautiful and highly manicured golf course, separated only by a bed of colorful



Anita Wilson toasts Charlotte Gerson, while Dr. Cervantes approves

Icelandic poppies in full glory. Anita Wilson, the Gerson Institute's Executive Director, had arranged for a lovely harpist to provide cocktail and dinner accompaniment, music that was soothing and beautiful but not intrusive.

Guests started drifting in to the party, and as they arrived, they greeted Charlotte and chatted with each other in the warm evening.

Anita, who throws absolutely *the best* party around, had invited many of the people who support and further the Gerson Therapy and the Institute, plus a number of recovered patients to help Charlotte celebrate. The party was held in the Orchid Room, appropriately decorated with gorgeous phalaenopsis orchid centerpieces of white and purple that were awarded to special individuals at the end of the evening.

The guest list included the Board of Directors and entire staff of the Gerson Institute, four of the doctors from Baja Nutri Care (Dra. Melendez, Dra. Bravo, Dra. Gomez and Dr. Cervantes), Aleyda Hoskins (Dra. Melendez' daughter, who helps with patient intake) and her husband Aaron, Richard Boger and Gisela Sommer from Norwalk Juicers with Richard's wife Summer and new daughter Makana, Jay

and Judy Jacobsen from Car and Driver, who so reliably shuttle patients between San Diego Airport and Baja Nutri Care, Corinne Brandt (Dr. Gerson's great granddaughter) with her husband John Opalinski, and recovered patients, including Chuck Kohlbase and his wife, who came all the way from Phoenix, Arizona. There were some guests and companions, as well, who had come to honor Charlotte. "I am not used to coming into a room full of that many people and knowing and liking every single one of them," said Charlotte after the party, commenting on a new and happy experience.

There was a microphone podium set up for Anita to address the assembled diners, and for your Editor to read some dedications from the East Coast and Charlotte's daughter, Peggy, in Italy. Anita read a composite letter, a combination of many of the letters of gratitude and praise for Charlotte from patients all over the world. She also read an especially witty and amusing appreciation written for the occasion by Beata Bishop, who sent it from London, and a heartwarming note from Charlotte's favorite 12-year-old recovering patient, Stephanie. Of course, those of you who know Charlotte also know that when there are a number of people assembled, including several recovered patients, she cannot resist a little lecture. On this evening,



Charlotte with BNC's Dra. Melendez and Institute Board Member Carol Beard

there was no objection whatever to this incredible woman speaking on whatever subject she wanted. Many of the assembled group owed their lives, the lives of loved ones and/or parts of their livelihood to Charlotte and the work of Dr. Gerson, and this

party was specifically to acknowledge her immense contribution and gift to the world.

After some appreciations, dedications, and acknowledgements of specific individuals, and an absolutely perfect and delicious Gerson meal (including a scrumptious baked apple and raisin dessert that

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"The Gerson Miracle": Major New Documentary Now Available!

by Howard Straus

Has anyone ever asked you about the Gerson Therapy? What it's all about, why you are on it, or why you think it might do them some good? It's not an easy task to explain the whole regime in a cogent and cohesive way (we know that very well!), especially if you don't understand some of the elements well enough to answer questions.

Well, something has just been done about that, and much, much more. Filmmaker Steven Kroschel of Kroschel Films, a very talented and accomplished cinematographer who lives in Alaska, has just finished "The Gerson Miracle," a 91-minute documentary on the Gerson Therapy. The film has already been submitted to the Beverly Hills Film Festival (May 6-9, 2004), and is being viewed by major distributors across the country.

Steve's film credits include "I Spy" and "Vertical Limit," in addition to documentaries on wild animals and the Nova special "Avalanche." His mountain photography is stunning, and he specializes in snow and astoundingly dangerous work, including Hollywood stunts. He came to the Gerson Therapy to maximize his own stamina and mental acuity, as well as physical strength, health and longevity. If you can imagine setting cameras up in the path of where you might expect an avalanche to occur, hoping all the time that it won't happen while you are setting up, yet being instantly ready to "get out of Dodge" should the mountainside come down upon you unexpectedly, you will understand why he has to be at the peak of alertness all the time, and his physical stamina is crucial to his survival at high altitudes, bad weather and bitter cold. Steve says that he has learned an enormous amount from the Gerson Therapy, and "it has changed my life."

Besides living under very harsh conditions in Alaska, Steve also runs a wild animal park for educational purposes, and to

provide healthy wild animals for the occasional Hollywood film production. His pet lynx sits on his lap while he drinks his carrot juice.

All this activity requires enormous amounts of physical and mental stamina, which Steve feels he gets from the maintenance version of the Therapy, and he wanted to return some of that energy for the education of others.

The film, which is available from the Gerson Institute on VHS (US\$29.95) and DVD (US\$24.95) has been shown to a few test audiences with incredible results. Nearly everyone who knows about the Gerson Therapy and wants to share the knowledge with others has ordered multiple copies, and even those who have never heard of it before have been inspired to ask for books and the film for themselves. The Gerson Miracle was shot on 35mm color film, one of the most expensive media to use, but the one that produces the best and most stunning visual impression for the final product, and the production values of the final product most certainly shows the care and skill that went into the film.

Recovered Patients

In keeping with Charlotte Gerson's lifetime theme, patients play an important role in the documentary. Some of our most impressive recovered patients appear on the tape, including Gerson Institute Director Carol Beard (liver cancer, no biopsy, 5 years), Patient Services' Suzanne Brandt, Dr. Gerson's granddaughter (cervical cancer, 19 years), Pat Ainey (pancreatic cancer, 19 years), Paul Scelsi (prostate cancer, 12 years), Debbi Wagner (ovarian cancer, 9 years). One currently recovering patient, 12-year-old Stephanie, as well as two patients who were at Baja Nutri Care while Steve visited also appear and tell their own inspiring and courageous stories of their struggles with this usually fatal dis-

ease, and their experiences along the path.

The film examines the sources of toxicity and deficiency, how the Gerson Therapy addresses these problems, and some of the results of changing one's lifestyle. Steve has sewn together many factors, often difficult to explain one-by-one, into a fabric that is powerful, cogent and well worth having. He explores organic foods, the supplements, coffee enemas, flax oil, air and water pollution and many other factors important to the Therapy in a clear and comprehensible fashion.

An added bonus is that for some of the film's musical accompaniment, Steve used a recording of Beethoven's Concerto for Violin and Orchestra, Opus 61, done by the City of Magenta, Italy, Symphony Orchestra with Francesca DeGo, Charlotte's violin prodigy granddaughter, as violin soloist. When one listens to her play, it is hard to believe that this skilled musician is only 14 years old!

We have gone out of our way to keep the cost of the video as low as we can, especially in light of the fact that so many people are asking for multiple copies. For five or more copies, there is a 10% discount, and for 10 or more copies, a 15% discount to purchase the film.

Our intention, of course, is to make the film available outside the Gerson Institute family for international distribution for both tape and video sales, and for television broadcast. Steve has done a fantastic job, and we believe that anyone interested in the Gerson Therapy should own one of these films. For the moment, the DVD and tape are not available in the more expensive PAL system, but will be converted as demand warrants.

Be sure you order yours as soon as you can!

Please note: The disks as produced will be in DVD-R format, so they will **not** be readable on DVD machines that are more than three years old. That should not be a great burden, as the newest DVD players can be easily purchased for only slightly more than the cost of the DVD itself. But please be aware of the necessity of having a newer player to see this film.

Karen – A Long-Term Melanoma Recovery

by Charlotte Gerson

Karen, a school teacher, was born in 1950. One day in 1983, while shaving her leg, she accidentally took off a piece of a mole. It had been there for many years, but the shaving had caused it to bleed. She decided to have it checked. Perhaps she was aware that she had been sunbathing a lot recently and that could have caused a problem.

Karen went to a dermatologist in Pittsburgh and had the mole, which was located a little above her knee on the inside of her thigh, excised and biopsied. The doctor was surprised to find that Karen's mole had turned into Stage 3 melanoma. After the biopsy came back positive, Dr. Robert Bragdon, a noted Pittsburgh plastic surgeon, did a wide excision of the site. The wide excision was eventually followed by plastic surgery; the skin graft was removed by "ballooning" Karen's skin to stretch it over the excised area. Karen noted that "it looked much better" after the second surgery and all went well.

Eleven years later, in 1994, a tumor appeared higher up on the same thigh. A doctor at the Pittsburgh Cancer Institute wanted to remove all the lymph nodes on the left side of her groin area; but Karen did a lot of research and found that this procedure could seriously compromise her ability to work as a teacher or do any other job which required a lot of standing. Furthermore, this operation would be performed in order to classify Karen's melanoma and to qualify her for an experimental study of interferon. The doctor told her, upon her insistent questioning, that she had possibly only a few months to survive. He pressed her to enroll in his study, but her newly

acquired knowledge suggested that she do otherwise.

In 1983, during the course of her first bout with melanoma, she had used *Death Be Not Proud* as part of her teaching syllabus, a book by the famous author, John Gunther. In this book he describes the course of his son Johnny's development, treatment of, and ultimate death from a malignant brain tumor. The boy was only 17 years old when the tumor was discovered. The book also described his time on the Gerson Therapy, and his dramatic improvement during those months. This intrigued Karen for a long time and she decided then that if she ever had a recurrence, she would use the Gerson Therapy. In the course of her research into melanoma in 1984, she read Max Gerson's book *A Cancer Therapy: Results of 50 Cases*, Beata Bishop's book *A Time To Heal* and Jaquie Davison's book *Cancer Winner*, all leading her to discover a nutritional approach to the treatment of melanoma. She didn't embrace the "more orthodox" wisdom that she encountered. Instead, she called the Cancer Control Society (CCS) in Los Angeles, a nonprofit clearinghouse of information on alternative cancer therapies. CCS recommended the Gerson Therapy and gave Karen an address for the Gerson Institute. She was also given the name of several long-recovered melanoma patients, and was glad to be able to talk to them and hear their stories. All of these sources of information led her to Charlotte Gerson who was then supervising her father's therapy at the Mexican hospital.

Karen asked the Pittsburgh Cancer Institute about the Gerson Therapy; but

they were negative about its effectiveness and spoke against nutritional approaches to the treatment of cancer. In spite of this advice, Karen called Charlotte Gerson who agreed with the removal of the new tumor but no lymph node dissection. Karen had the tumor removed by Dr. Robert Bragdon, who continues to follow her progress to this day. Dr. Bragdon was the only Pittsburgh doctor with whom Karen dealt who kept an open mind about her nutritional approach to curing her cancer. She then came to Mexico and spent two weeks at the Gerson Therapy hospital in May of 1994.

On her return home, Karen took a two years' leave of absence from her teaching job, fully aware that she needed her time to "do the Gerson Therapy properly," as well as having to take care of her six year old child. Both Karen's husband and mother were indispensable aids to her success on the Gerson program. Her mother made her soup, commandeered her juicer and provided her with most of her daily juices. Even her daughter learned how to scrub vegetables and run the juicer when her dad was not available. During that time, Karen reports that she never deviated at all from the directions of her Gerson doctor, Dr. Alicia Melendez, and only relaxed the treatment when, after 18 moths of intensive therapy, she went back to work in the spring of 1996. At that time, she needed to be able to use a diet that was "practical" while working full-time. Dr. Melendez coordinated this transition for her.

Karen continues to eat mostly vegetarian food with occasional poultry and fish. She reduced her juicing to eight juices at first, and further to six glasses a day. She is in good, active health and continues to teach English and Communications at her local high school.

Reports of "Mad Elk" Disease; USDA Buries Head in Sand

by Charlotte Gerson and Howard Straus

In the *Gerson Healing Newsletter*, Vol. 19, No. 2 of March/April 2004, we revisited the information first reported in our July/August 1997 issue, on the dangers of "Mad Cow" disease, or "bovine spongiform encephalopathy." We recalled the total denial of the British authorities that there was any danger to humans from this disease, that it could not be transmitted by eating meat from infected animals. However, it was! Many people died a lingering, horrible death, and the British authorities are still pretending that all is well.

With the admission several months ago that 'one cow' from Canada was found to suffer from the disease, a number of countries placed a complete ban on American beef imports. US agricultural authorities do not examine every animal – as the Japanese do. They test 100% of the cattle imported or used for human consumption. Even the European authorities test a large percentage of their imported cattle, using a relatively quick and reliable test. The rate in the US is less than one animal tested per 1,000.

But cattle are not the only source of danger. The disease also affects animals in the wild, notably elk. We originally wrote up a report on this situation following an article that appeared in 1998. This report was not published in our *Newsletter*, but with the latest news items, it is gaining importance.

An alert friend of the Gerson Institute and reader of our *Newsletter*, sent us several articles, originally published in 2001, on several people who died of Creutzfeld-Jakob disease, the human form of BSE! One was the death of a longtime tennis coach, Joanna Santarsiere, 63, reported in *The Tribune*, "Inside Sports," on August 26, 2001.

Another long article titled "Deadly Venison?" written by Brian McCombie, appeared in *Field & Stream* in February

2001. This article begins with the description of how Jay Dee Whitlock, a sportsman from Oklahoma who loved deer hunting, contracted the 'wasting disease,' later diagnosed as Creutzfeld-Jakob disease (CJD), and slowly deteriorated, dying some '15 terrible months later.' The author reiterates that CJD is 'untreatable, incurable, and always fatal.' Apparently nobody paid any attention or brought out the fact that Jay Dee regularly ate venison.

"No one is completely sure how the disease spreads [in the wild]. Blood transmission seems likely, as from doe to fawn. But some wildlife professionals believe simple contact can pass it along, like nose-to-nose touching or shared saliva."

The chronic wasting disease (CWD), says Dr. Thomas Pringle, a molecular biologist who tracks CWD-type diseases for the Sperling Biomedical Foundation in Oregon, may not transmit that easily. But the rate is not zero." Pringle states that the tests he used helped to finally convince the British that CJD could result from humans eating meat from infected cattle. It is an interesting puzzle that though scientists "do not know" how CJD is contracted or transmitted, they are quite certain that it is not by the obvious means of consuming tainted beef or venison!

It was apparently in the Foothills Wildlife Research Facility in Fort Collins, Colorado, that the disease first appeared and then spread into the wild. Efforts were made at the facility to eliminate the disease, but these efforts failed so all animals were killed in 1985. Then everything the animals had touched (troughs, feed bins, etc.) was cleaned with a powerful disinfectant. The ground was sprayed with the same disinfectant, plowed to a depth of about a foot, and sprayed again. The paddocks remained unused for a year, but eventually new (presumably healthy) animals were introduced. Within a year, they began con-

tracting CWD! This parallels the experience of Iceland, whose entire sheep herd had to be destroyed due to a widespread epidemic of scrapie, the sheep equivalent of BSE or CWD. An entire new herd of sheep was imported, clean, disease free. Within a year, the new herd was also infected.

In 1981, CWD was discovered in a wild elk in southwest Larimer County, Colorado. In 2001, 15% of the mule deer in this area tested positive. Michael Miller, of Colorado's Division of Wildlife, found that mule deer at Foothills began dying in 1967 of a 'strange disease' (in 1980, CWD was found to be the cause). Miller warns that CWD "probably should be considered an epidemic" since it has spread through some 14,600 square miles of north-central and northeastern Colorado and parts of Wyoming in two decades.

Even though game farms are fenced, wild animals are often seen having nose-to-nose contact with the fenced in ones, allowing spread of the disease. It is apparently uncontrollable.

USDA Prevents BSE Testing

In an almost unbelievable article highlighting the doublethink of government, the New York Times News Service reported on April 16, 2004 that the US Department of Agriculture (USDA) had refused to allow a Kansas beef producer to test all its animals for BSE (Mad Cow Disease). This mirrors the British government's cover-up of widespread BSE infection in its cattle herd a decade ago.

The Kansas exporter, Creekstone Farms Premium Beef, discouraged by the Japanese ban on American beef after the disease was discovered, had petitioned the USDA to test 100% of its animals for BSE, as the Japanese did, so they could resume their exports. The Japanese ban is costing Creekstone \$40,000 per day in lost exports, and they were desperate to satisfy their Japanese customers, who are clearly more safety-conscious than their American counterparts. In denying their petition, the USDA claimed that allowing the testing of 100% of all animals would "imply a con-

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CDC Stonewalls Investigators on Mercury-Autism Link

from *Uninformed Consent*

CDC Calls Safety "Review" On Mercury in Vaccines and links to Autism

SEATTLE, WA — UNINFORMED CONSENT: Flying on the heels of misrepresentations that the latest flu vaccine is safe, the CDC (Centers for Disease Control), has called an 11th hour hearing with the US National Institute of Medicine, (NIM), an institute under the US National Academy of Sciences, (NAS), and a member of a fraternity of government agencies commissioned by the government that is funded by taxpayer's money — agencies that are to oversee the safety of pharmaceuticals and medical practices marketed to the American public.

The US National Institute of Medicine, will hear only 20 minutes each of called experts and spend just one day reviewing virtually all vaccines containing the powerful poison Thimerosal, (ethyl mercury). Experts from all over the world will share studies and testimony about the safety of Thimerosal and autism used in vaccines, including this year's flu vaccine, and many other medications, some undisclosed on labeling.

The hearing, being watched carefully by a large portion of the American public and experts alike, is scheduled Monday at 8:00AM — 5:30PM, February 9, 2004, will be held in the auditorium at the NAS Bldg at 2100 C Street, NW, Washington, DC 20418. (for the NAS Agenda, go to www.iom.edu/event.asp?id=17047)

The CDC has experienced waning credibility since the publishing of the ill-fated Verstraeten Study in the November 2003 issue of the peer-reviewed 'Pediatrics'. The study was sponsored by the CDC and authored by Dr. Thomas Verstraeten stating there is no connection between Thimerosal and Autism.

Amidst disturbing allegations of excessive manipulation of data in the published Verstraeten study, Congressman Weldon

formally requested Dr. Julie I. Gerberding, one-year-old appointee and director of the CDC, to personally investigate the charges. (for the Weldon Letter, go to www.house.gov/weldon/issues/)

In the past few months the CDC launched a massive marketing campaign, making national headlines, claiming that not only was the flu vaccine safe but supplies of the vaccine were dwindling, thus prompting long lines and anxiety among the public sector. The CDC has since recanted some of those claims.

The CDC campaign appeared to be in response to public claims by numerous scientists and doctors that the vaccine was for the wrong strain and contained 25 ug (micrograms) of thimerosal, (ethyl mercury), a powerful bio accumulative neurotoxin linked to recent epidemic levels of autism, speech delays and ticks in children and contributing to mental and immune disorders in a dramatic portion of the population.

Studies now show that the flu vaccine appeared to have little if any prophylactic affect and those who were vaccinated were 2-3 times more likely to contract the flu. (For the CDC Study, go to www.cdc.gov/mmwr/preview/mmwrhtml/mm5101a3.htm.) The question of whether there was really a shortage or an over abundance of inventory needing purchase is still in heated controversy.

As the date of the NIM hearing nears, Dr. Mark R. Geier and associates, under congressional authority, have been continuing their two year effort to extract information from the CDC's own Vaccine Adverse

Effects Reporting System, (VAERS), to report their findings back to Congress and to the February 9th hearing with the NIM.

While Geier continues to attempt to extract information from the CDC's databases, the CDC continues to put up unreasonable roadblocks necessitating direct phone calls to US Congressmen for access.

"The CDC feels it necessary to provide two monitors per individual present, one to watch and the other to mark out information they feel we shouldn't have under congressional authority," says Geier. Serendipitously, during the most recent visit, the CDC governmental computer system crashed.

In December 2002, Geier testified before the US Congressional Committee for Government Reform that "they, (the CDC), seem to put up continually, additional steps, fees and hindrances. They seem to make the realistic possibility of ever getting access to the Vaccine Safety Database, (VSD), remote." US Congressman Dan Burton, (R-IN), and then chair of the committee promised to ease this stonewalling in the future.

Geier is a physician, geneticist and vaccine researcher since 1970. He has been working with Congress and doing research for over 30 years as a board certified geneticist and has published in over 30 different peer-reviewed publications. He is among the experts who will be testifying at the NAS hearing on Monday.

Geier originally stated the recently published CDC/Verstraeten study in the November issue of *Pediatrics* was watered down to cover up the true danger of mercury in vaccines. Now, according to Geier, they have discovered a major technical error in the calculation of mercury. It appears that Verstraeten may not have correctly counted the amount of mercury-free inoculations given in the study thus creating a 20% - 30% error rate — *understating* — the incidence of autism.

Neil Halsey of John Hopkins University, in a letter to *Pediatrics*, dated Dec. 17, 2003, stated the study is flawed and demanded an independent investigation. (For Halsey's

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Mercury/Autism ...

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letter to *Pediatrics*, go to pediatrics.aapublications.org/cgi/eletters/112/5/1039)

In another letter to *Pediatrics*, accepted but not yet published, the Geiers demonstrated their findings, other numerous errors and have demanded an immediate retraction of the study from publication.

The author, Dr. Thomas Verstraeten, has been working for GlaxoSmithKline in Belgium since 2001 shortly after the first version of this study stunned government scientists, doctors and researchers. He has been unavailable for comment.

The National Institutes of Health (NIH) last month faced similar accusations in hearings in the House Energy and Commerce Committee, the Oversight and Investigations Subcommittee and the House Government Reform Committee on the common practice these agencies have of collaborating financially with private pharma to promote pharmaceutical products in the marketplace.

In a series of reports by *David Willman* and *Jon Marino* in the *LA Times* last month, numerous drug related deaths were linked with NIH personnel and undisclosed relationships with pharma who produced the drugs in question. (To see the Dec. 7th, 2003 *LA Times* story, go to pqasb.pqarchiver.com/latimes/483567461.html?MAC=cfb1287b70ba5bfeb-babb7536276bd7&did=483567461&FMT=FT&FMTS=FT&PMID=&printformat=&desc=Stealth+Merger:+Drug+Companies+and+Government+Medical+Research%3b+SOME+of+the+NATIONAL+INSTITUTES+of+HEALTH%27s+top+scientists+are+also+collecting+paychecks+and+stock+options+from+biomedical+firms.+Increasingly,+such+deals+are+kept+secret)

According to the *LA Times* articles, very few NIH personnel disclose outside income. NIH directors receive salaries of \$200,000 and up. In November 1995 the NIH felt this was not enough to attract quality personnel so, then-NIH Director, Harold E. Varmus wrote to all institute and center directors, rescinding "immediately" a policy that had barred them from accept-

ing consulting fees and payments of stock from outside companies. This quietly facilitated lowering the ethics standards for NIH personnel allowing them to collect millions in addition to government salaries in consultant fees, stock options and speaking engagements without public disclosure.

In response to the *LA Times* articles a series of Senate hearings convened. On Friday, January 23, 2004, in the US Senate Appropriations subcommittee on Labor, Health and Human Services and Education chaired by Sen. Arlen Specter (R-Pa.), was told by the leader of the NIH, Dr. Elias A. Zerhouni, that effective immediately "no director has any outside biotechnology pharmaceutical relationship. Those have been stopped."

Undaunted, Senator Specter asked, "Is there any reason why a governmental employee making as much as the vice president should not be required to fill out a public financial disclosure form? This subcommittee is prepared to do it if you don't." (For the Jan. 23rd, 2004 *LA Times* story, go to

pqasb.pqarchiver.com/latimes/52895691.html?MAC=c1cb887f2a948974dabe7954c2117b8&did=52895691&FMT=FT&FMTS=FT&PMID=&printformat=&desc=THE+NATION:+NIH+Directors+No+Longer+Drug+Firm+Consultants)

The Food and Drug Administration (FDA), (not to be left out of these popular compensation practices), after over a year of requests, were forced by the US Committee for Government Reform and its subcommittee on Human Rights and Wellness to look into identical accusations for its safety stance on the implantation of mercury in dental amalgam and the connection to mercury in vaccines this last fall.

In response to the congressional request, the FDA turned to the **Life Sciences Research Office (LSRO)**, a 40-year-old non-profit scientific organization in Bethesda, MD, which describes itself as a "widely accepted, authoritative source, independent from special-interest groups and politics" and producing "timely, comprehensive, state-of-the science review." (For the *ADA* coverage, go to

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GERSON HEALING NEWSLETTER - PAGE 11

Charlotte's 82nd ...

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was out of this world), juice and soup, the guests were invited to move to the comfortable 150-seat movie theater, where the just-produced Gerson documentary, "The Gerson Miracle," was shown in its first, rough cut, so new that polishing and editing had not yet been done. (See story "The Gerson Miracle," page 7)

When the lights finally went on after more than an hour and a half, the viewers were simply staggered by the amount and quality of the work that had gone into the film. The stunned silence, then appreciative applause at the end of the film was typical of the reaction we have had showing the finished version since. Many people asked for copies of the film, some requested multiple copies, a common reaction to viewing this extraordinary work. (The finished version should be available for purchase from the Gerson Institute as this issue of *Healing* goes to press.)



Suzanne Brandt with daughter Corinne and son-in-law John Opalinski

This was a truly fitting tribute for Charlotte Gerson, who has dedicated her life and her considerable intellectual and moral power to furthering the great work of her father, Dr. Max Gerson, who was there in spirit. Charlotte's pleasure at seeing all those familiar, friendly faces, plus the completion of a film that will bring the Gerson Therapy to much wider public knowledge, was visible in the glowing smile (at least 10,000 candlepower) that she just could not seem to suppress.

Happy 82nd Birthday, Charlotte. May you have many more!



"Mad Elk" Disease ...

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sumer safety aspect that was not warranted."

We feel like Alice in Wonderland: the agency responsible for food safety claims testing all food animals for safety is not warranted, and blocks industry efforts to guarantee the safety of its own product.

We are convinced that the USDA fears a far bigger problem than a few thousand sick and dying beef consumers, who, after all, have no lobbyists. If one beef producer can restart its exports by testing 100% of its animals, others will want to do the same. When some or all producers test 100% of their cattle, the true extent of BSE infection in the US herd will become apparent, the USDA will no longer be able to deny it, and the beef industry will collapse. When the British were no longer able to deny widespread BSE infection, a large proportion of their cattle herd had to be destroyed. The cattle herd in the US is ten times as large, and a huge industry would suffer grievous losses, as opposed to mere beef consumers dying.

Mercury/Autism ...

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www.ada.org/prof/resources/pubs/adanews/adanewsarticle.asp?articleid=656

However, a visit to LSRO's website reveals a stunning cartel of who's who of pharmaceutical interests, medical schools and government officials from their registry of fellows, alumni and board members to their disclosure of salaries and funding sources on their annual financial reports. (For the LSRO website - financials, go to www.lsr.org/financial/lsrf_annrpt01.pdf)

On December 12, 2003, the LSRO held a panel of American Dental Association, (ADA), reviewers on behalf of the review sponsors: the FDA, the CDC and the NIH. Although most experts, as per congressional wishes, testified to an alarming amount of science pointing to the basis of an epidemic of health issues, these organizations continue to report there is no basis for concern despite the showing of a video of mercury vaporizing from a 50-year-old

There is already a USDA rule that prevents consumers from finding out where tainted beef has been distributed, keeping them from protecting themselves. The rule protects the short term interest of the beef industry at the terrible expense of the beef consumer, who, not knowing where infected beef is being sold, risks his life and those of his family by eating suspect meat. This new ruling takes the USDA's industry-favoring obstruction to new heights.

Our predictions of ten years ago played out exactly as we imagined. We had warned that unless the beef industry abandoned the practice of feeding slaughterhouse offal to cattle, we would eventually see BSE in the US. The USDA did not ban the practice, beef producers continued the practice, and now BSE is here. The epidemic has already cost the beef industry billions of dollars, yet the USDA continues to act as if it were a temporary problem that can be ignored until it blows over.

It is *not* a temporary problem. Unless the USDA bites the bullet now, and takes appropriate measures, the long-term failure of the beef industry is assured. In this case, the long term interest of the industry

amalgamated tooth at the beginning of the meeting. (To see an image of this "smoking tooth", go to

www.universityofhealth.net/pics/SmkTthAnt10FA.gif). None of the adverse testimonies were released to the public by the LSRO, the FDA, the NIH, the CDC or the ADA.

Media and for more in depth information on this developing story contact: UnInformed Consent - 425 487 2358 or visit: www.uninformedconsent.com.

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Please Note:

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is identical with the long term interest of the consumer: a healthy food chain. Without that, our sick beef will continue to be quarantined within our own borders, and will continue to sicken our own citizens, and ours alone.

The sad fact is that the longer the USDA continues to suppress the information needed to halt the infection, the wider the infection will spread, the worse the eventual collapse will be, and the more Americans will die long, agonizing deaths.

It is noteworthy that many executives in the top tier of USDA management are drawn from the beef industry, thus tend to make decisions and statements based on what is good for the beef producers, not for the consumer. Has our government completely forgotten whom it is supposed to be protecting? It certainly looks that way from here.

The only way to protect yourself against the untrammelled corruption of our industry-driven food and drug safety regulatory agencies is to be a vegetarian, and eat fresh organic foods whenever possible, and be responsible for your own health.

From the Mailbag

An Unsolicited Compliment

Dear Charlotte,

I found the book *Result of Fifty Cases* and cured myself of heart disease and several other disorders. After six months on the Therapy I visited my cardiologist and he took two sonograms, as he felt the first was not mine. I have not seen him since. My whole family juices to this day and I have recommended to everyone I find with a disease to contact your Institute. I am deeply in debt to you and your father as my son, just a boy at the time, had an acute attack of asthma and we almost lost him. Using the knowledge from the book he is well and asthma free today.

With my deepest gratitude

Richard Mauro

Film Festival ...

continued from page 1

CA 90210. Phone: (310) 385-4092.

Tickets for the screening are \$10 each, and will be available through the Gerson Institute, which has purchased a block of 50 tickets.

This is a major milestone in the history of the Gerson Therapy, which has for years been blocked from the public eye by the various highly profitable enterprises that cash in on Americans' illness, from pharmaceutical manufacturers to medical equipment manufacturers, from cardiac surgeons to oncologists, from food processors to beef producers, the list goes on and on, but the result is the same. People worldwide have never been given the choice to be healthy. This public airing of the Gerson Therapy will change all that for the better.

Now, we may be biased in favor of this film, but once you have seen it, we think you will be as well. In our opinion, Steve has done such a fantastic job, he should by all rights run away with the "best documentary" judgement for the Festival. This film was produced

with an eye towards the quality the story deserves, so Steve shot it completely on 35mm film, resulting in colors that sometimes look like they came off an artist's palette. Steve also has a distinct flair for the dramatic, leading to some moments of dark humor, and the occasional wet eyes when hearing the testimony of recovered or recovering patients, and a heart-stopping shot of a helicopter barely escaping an onrushing avalanche. Steve's gorgeous pet lynx and a pretty little snow fox even make appearances.

In addition to the honor of being selected as one of the two dozen films out of about 2,000 submitted for consideration, The Gerson Miracle will be exposed to major studios and distributors, who will be in attendance at this very convenient venue, some of them acting as judges on the panel that determines the winners.

We anticipate many good things happening as a result of this Festival, but even if nothing at all results, the very honor of having been judged worthy of inclusion in such a prestigious event is already a major kudo. Beyond that,

should we actually win a category, the film will be stamped indelibly with the imprimatur of success, something that major studios and distributors take quite seriously, as they should.

The Institute Staff, Charlotte Gerson, the Board of Directors, and many of our friends will be at the Festival to see this outstanding film. We invite you to come, to bring many friends to cheer us on, and to experience an historical event in the history of the Therapy. Contact the Institute first for tickets, then, if they are sold out, go online to www.beverlyhillfilmfestival.com to purchase your tickets.

We will certainly record the events for our readers in the next issue of the *Newsletter*.

Organize your juicing apple supply now

Summer Apple Alert

by Charlotte Gerson

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

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

to find, but you urgently need apples.

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



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