

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

Prince Charles and Gerson—
A Royal Mention

by Howard Straus, Editor

"I know of one patient who turned to Gerson Therapy having been told that she was suffering from terminal cancer, and would not survive another course of chemotherapy. Happily, seven years later she is alive and well. So it is therefore vital that, rather than dismissing such experiences, we should further investigate the beneficial nature of these treatments."

- HRH Prince Charles, addressing a conference at the Royal College of Obstetricians and Gynaecologists, Sussex Place, London, June 24, 2004.

This brief mention of the Gerson Therapy by Prince Charles has set off a firestorm of criticism, mostly from surgeons and oncologists in Great Britain. The international press has picked it up and reported it across the world, with the notable exception of the United States. So far, we have only found one mention of the remarks, and that in a San Diego newspaper with an obvious local interest. Across the rest of the

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Patient Story

Recovery from Chronic Fatigue Syndrome

by Jeffrey Ciriello

Dear Charlotte and the Gerson Staff,

I have just recently completed one year on the full Gerson Therapy and would love to share my story in a way of saying thanks and in the spirit of hope for others who are considering the Therapy.

I suffered with an acute case of Chronic Fatigue Syndrome for over two years before even learning of the Gerson Therapy in a book about Allergies by Alan Hunter. Like most CFS sufferers I had tried every therapeutic path I had come across with little improvement (including a prescribed term of psychiatric care). From the very beginning, something inside told me to take the Gerson Therapy seriously despite the fact that I had never imagined a routine so foreign to my day-to-day life or my notions of health. In the next year and a half I inched toward the Gerson full program, adopting it gradually, one item at a time. This I did, not purposefully but because it was the only way I could approach such a drastically foreign program. I never consciously thought I would do the full program until the end of that year and a half. Basically, I was at the end

of my rope; worn down completely by the tortuous nature of CFS and willing to go to any length to overcome it. Encouraged by how I felt after slowly adopting advice from the Gerson program and further confident in the soundness of the explanations behind each of the tenets of the Therapy, I quit my job and my life's routines as I had known them and started the full version of the Therapy.

I decided not to start the program with the recommended stay at the clinic in Mexico for financial reasons but now realize that as a mistake that I made. Considering the cost of the whole year on the Therapy the cost of the stay in Mexico is justified and would have made the Therapy a lot easier to make it through. I thought that the information and directions within the Gerson texts (I bought and read them all, numerous times) would be enough. They were and they weren't. The one thing they did not prepare me for was the severity of the 'flare-ups' or 'healing crises,' most especially the first one. Of all the radically new (to me) concepts con-

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Recovery ...

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cerning healing that the Therapy taught me, the most difficult one for me to fully grasp was that I had to get worse to get better (not once but many times). Going into the first flare-up (which didn't occur until after two full months) without fully understanding this made the experience very scary at times.

I had some other unusual challenges also. From the beginning to the end (except for two weeks during the first flare-up) I did the entire program by myself including all the shopping, juicing and cooking. As a CFS sufferer this meant that for a long time I would be on the verge of collapse right before each hourly juice, which gave me just enough energy to make it through the next hour's chores. The two days a week I went to the local farmers' market to buy the supplies were particularly difficult. It was four months before I really had any energy to spare. The other major complication was that twice during the year on the Therapy my fiancée and I had to move for financial reasons. Adding packing and boxing up my belongings to my routine was another major test which, amazingly, I was just well enough at the time to make it through.

Given all that, it is more amazing to me that by nine months into it I felt great. And in another three months I felt confident I could feel great with a reduction in the routine (cutting back on juicing, etc.). Exactly one year and two months after starting the full Gerson Therapy I put my

new found health to the test by traveling to Africa for a month with my fiancée. I was warned by a travel doctor that not only should someone with a history of CFS not leave the country much less go to Africa but I was practically committing suicide not accepting any but the mandatory yellow fever vaccinations nor accepting any of his antibiotic malaria prophylaxis (I took the natural based quinine instead). I returned in great shape after a month of eating the best of the African food I could find (Tanzanian mangos are something special) and have even stronger confidence in my new physical and mental health. Thank you Dr. Gerson!

I followed the full Gerson Therapy program with one difference that I thought you might find interesting. Because I am lactose intolerant I had difficulties adding non-fat yogurt to the diet and gave up on that. My healing practitioner advisor recommended yogurt from goat's milk. I was not comfortable with this alternative because of its fat content. I felt strongly that my body was particularly responding well to the low fat nature of the diet (especially the strict avoidance of animal based fats). I looked to spirulina pills and powder but the cost and the difficulty ingesting them made me decide against that. Instead I made sure that I ate at least one pound of boiled potatoes for both lunch and dinner. I did that against warnings that that was not enough protein. But I can happily report that I successfully completed over one year on the Gerson Therapy with [out] any additional protein.

Another interesting experience I would like to share concerns my dog. She is about ten years old and like most dogs had been suffering with arthritis. It took her a long time after sleeping to be able to stand and she couldn't climb stairs. After about five months on the Gerson program myself and having read in Howard Straus's wonderful biography of Dr. Gerson that pets have been put on the program, I

decided to put my dog on the Therapy with me. I figured it would never be easier to do so since all I did was cook extra soup and potatoes for lunch and dinner and extra oatmeal for breakfast. Whenever she approached me while I was juicing (which she did occasionally) I gave her the pressings to eat. I also began mixing in other vegetables like onions and tomatoes and carrots which she loved. She always ate the full portions I gave her enthusiastically and by the time I completed my one year she had improved dramatically. I can truthfully say that now she bounds up from a nap and goes up and down our one flight of stairs without problem or hesitation! Interestingly enough, one day I experimented at the farmers market and bought my weekly supply of potatoes from a conventional farmer. When I cooked them I found them almost inedible so I decided to feed them to my dog since she is a dog after all, no matter how much I love her. Well, she refused to eat them, too! Luckily it was Thanksgiving, so I cooked them with butter and salt as mashed potatoes, served them to my extended family and I was a hero at the meal.

As far as my experience on the Gerson Therapy went I couldn't be happier. It surpassed my highest expectations in regard to the renewal of health and spirit I experienced.

Sincerely,

Jeffrey Ciriello Los Angeles, CA

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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TWO MORE MONTHS OF NEW BEGINNINGS

Our days continue to be filled with vibrant, purposeful, creative work. Time collapses into a symphony of bustling activity, joyful reflection and inspired vision of what is to come. We have renewed our third year contract with Baja Nutri Care, our 10 bed licensed clinic in Mexico. I was reminded of a book, *If Aristotle Ran General Motors* as we met with the dynamic, gifted Doctors to discuss the final points of the contract ... the focus on honoring our connection to each other and our shared Gerson healing mission. We are dedicated to this being the foundation of our vital work to ensure recovered patients ... only good things can come from this intention.

We have also finalized the contract for

the new Gerson Healing Center outside Budapest, Hungary and again are so excited about the integrity, commitment and priorities of their team members. Their passion and wisdom are beyond measure and an inspiration to all of us. We anticipate a grand opening in early 2005!! And what a celebration it will be - recognizing the decades of Beata Bishop's eminent work in Europe, honoring the legacy developed there by Dr. Gerson's granddaughter, Peggy and further anchoring the network of the UK Support Group and the dozens of volunteers, practitioners and recovered patients who have maintained a presence on the continent. All of this, of course, crowned by Charlotte Gerson's fire-filled dedication to her father's powerful, life enhancing work. It is timely that Gerson is

returning to Europe against the recent backdrop of Prince Charles's statements and the resultant media turbulence.

The upcoming months will bring us visitors from Japan, discussions about "health focused" timeshare investment opportunities in Hawaii, an additional caregiver training class to be offered in San Diego, another Module II training in December, and most important ... thousands of phone calls the world over from those reaching for hope - those aching to be empowered by something resonating to the natural rhythms of life and healing.

Be Healthy and Happy,

Anita

It's the Processed Food!

OBESE KIDS

WHAT DOCTORS DON'T TELL YOU
(www.wddty.co.uk) - E-NEWS BROADCAST No. 90 - 08 July 2004

Obese kids have become the stuff of national panic recently. Every thing from parents, governments, MTV, video game manufacturers and fast-food outlets has been blamed for this epidemic.

Whatever is to blame, there's no doubt that all countries that subscribe to fast-food outlets, MTV and other lounge-lizard activities are storing up a massive health problem.

Those who believe the problem lies squarely at the door of the fast-food outlets are definitely on the right track, but the problem may be more complex than that, as a thoughtful new study suggests.

Researchers from Yale University have established a definite link between obesity in children and 'the metabolic syndrome', a name given to a cluster of disorders of the body's metabolism - including high

blood pressure, high insulin levels, excess body weight and abnormal cholesterol levels - that make you more likely to develop diabetes, heart disease or stroke. It's also been called 'Syndrome X'.

One research trial discovered that nearly 7 per cent of overweight children, and 29 per cent of obese children, had the syndrome.

The Yale study has confirmed its prevalence among the young. But here's the thing - scientists reckon that children are born with the syndrome. But the Yale researchers have found that it worsens with obesity, an observation that has been made by earlier studies.

So are the scientists right - or could it be that a diet of processed foods creates, and then worsens, the syndrome?

If the latter, what you eat matters more than the amount you eat. If the former, the syndrome could still be a reaction to the mother's diet when the child is still in the womb as it seems to be an escalating problem. Either way, it's the industrialization of foods that is the main cause of the problem - and not exercise or its lack, MTV, or

video games. Even the government gets off the hook for a change, although what they allow to be categorized as 'food' is far closer to a weapon of mass destruction than anything they were looking for in Iraq.

(Source: *New England Journal of Medicine*, 2004; 350: 2362-74).

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.

"From the Book by Harold Foster, Ph.D.

The Cause and Cure of AIDS

by Charlotte Gerson

In the course of my frequent travels and many lectures, I have often been asked about our experience with AIDS. These questions put me into a difficult position. On the one hand, AIDS according to its name is an "Acquired Immune Deficiency Syndrome." This clearly means that a weakened immune system is the basic problem and, in order to heal this disease, it is imperative to strengthen the immune system. We also have experienced in innumerable cases that the Gerson Therapy is able to do just that. Already in the late 1920s and early '30s, Dr. Gerson was able to heal advanced tuberculosis. Since TB is a disease caused by bacilli (germs), in order to sicken and acquire this disease, one's immune system clearly must have been weakened. Since Dr. Gerson was able to heal these patients, he certainly would have had to restore their immune response to achieve this end.

Healing cancer, too, requires a functioning immune system to help the body to attack and kill the malignant cells. In cancer, as well as in AIDS, chemotherapy does exactly the opposite: it weakens and kills the immune system. We return to the first question: how to answer the questioners regarding AIDS?

First of all, at the Mexican hospital, the management is not permitted to admit AIDS patients. The Mexican authorities do not wish for their treatment centers to be known as "AIDS havens." For that reason, on arrival at the Gerson clinic, each patient's first blood test is examined for the HIV virus (along with all the other parameters) to make sure he/she is not infected. As a result, we are not able to treat such patients in a controlled Gerson environment. We actually have only two or

three proven AIDS patients who recovered doing the Gerson Therapy on their own at home. In order to be absolutely honest, I cannot base my response regarding the Gerson Therapy for AIDS on two or three patients! And that is my answer.

In the course of last year, I was delighted to receive a new volume (197 pages) by Professor Harold D. Foster. He is known to us from prior research which he published on "Lifestyle Changes and the Spontaneous Regression of Cancer." In this article, he showed that 'spontaneous regression' of cancer is *not* due to unknown factors, but is due mainly to nutritional changes. His examples proving this statement include about a dozen recovered Gerson patients. (*Newsletter*, Vol. 5, No. 5, 1989.) This new volume is titled *What Really Causes AIDS* ©2002 by Harold D. Foster, published by Trafford Publishing *on demand*. Trafford, Suite 6E, 2333 Government St., Victoria, B.C., V8T 4PA, Canada).

Professor Foster carefully analyzed the incidence of AIDS, correlating incidence with soil and nutritional factors in Africa (where AIDS is supposed to have originated) and many specific areas in the United States. Foster's major finding was that AIDS occurred mostly in areas of low soil selenium content resulting in a similar deficiency in the food raised on that soil. There was little AIDS where selenium was normal or plentiful. He also found to his great surprise that Brazil nuts contain the highest selenium level of any natural food, 10 to 25 times higher than any other food. (See the Appendices.)

Dr. Foster then proceeded to use this knowledge plus a few other food elements lacking in the average diet to treat AIDS. Specifically, he supplemented patients' diets with cysteine, gluta-

mine and tryptophan. Logical, and of the greatest importance is the fact that Professor Foster has discovered that the supplementation of the above nutrients bringing patients to adequate levels clears not only AIDS but also other viruses such as Hepatitis B and C, and Coxsachievirus. In other words, strengthening the immune system helps the body to overcome many (if not all?) viral infections!

The concluding words in the book need to be quoted verbatim:

IN CONCLUSION:

"If the glutathione peroxidase-encoding Hepatitis B virus can infect one third of the planet's population, it seems likely that so too can HIV. Since both viruses lower their host's serum selenium levels, the increasing prevalence of either one makes subsequent infection by the other more likely. The scientific establishment has spent some 20 years and over \$40 billion trying to establish that HIV is the sole cause of AIDS. As a consequence of this misconception, not only has nobody been cured of HIV infection, but this virus and its bacterial co-factors are now more virulent than they were when the pandemic began. It is definitely time for a change of direction."

Since my lectures and the mention of this remarkable volume have generated much interest in the book, I have ordered some copies and still have a few available. If readers are interested, ordering from an existing supply will save time since the publisher has to print any additional copies that are ordered. Cost, with shipping and postage is US\$18. Contact Charlotte Gerson, 355 Greenwood Place, Bonita, CA 91902.

N. B.: Harold D. Foster is a Professor of Geography and does not treat patients. However, he identifies various food items high in selenium. He reluctantly recommends a diet of these items, but is aware that some, like pork, and even high fat Brazil nuts are *not* suitable for healing. Thus, we feel it is necessary to ingest selenium in the form of supplements.

Crime, Violence Again Linked to Diet

by Charlotte Gerson

Twenty-four years ago, in 1980, Alexander Schauss, MA, Director of the American Institute for Biosocial Research, published his book *Diet, Crime and Delinquency*. The Gerson Institute had the book on its book list for years. It is an extensive and detailed study by the author specifically of young (under 22 years of age) and violent criminals in California prisons. The book presents convincing evidence that "junk foods and environmental pollutants favor the development of crime."

Mr. Schauss altered the prisoners' diet, particularly snacks available in prison vending machines. These machines usually contain sweets, candy bars, and other highly-sugared items. Prisoners are also able to purchase milk in addition to their normal diet. The author taught these young people about their nutritional needs, the problems created by excess sugar, even milk, and made sure that they were supplied with vitamin and mineral supplements.

The results were striking: violence was vastly reduced; the prisoners were calmer, felt better and were reasonably impressed with the results they were observing. Over time, even the recidivism rate [proportion of prisoners rearrested for violent crimes committed after their release] was reduced significantly.

Mr. Schauss approached the California prison authorities with the positive results he was obtaining by improving and altering the prisoners' diet, and urged them to change the high sugar and low-vitamin-content diet to one that he had offered. The answer was a discouraging, "NO," there would

not be a change, since the authorities were worried about prisoners' food riots! So, violence continues . . .

Oxford University Study

On Saturday, May 1, 2004, at 6:25AM, KNX Los Angeles, AM 1070 aired an edition of *The Osgood File*, a regular program by well-known radio commentator Charles Osgood. I was very impressed, since it covered a very similar subject: nutrition for the prison population. Mr. Osgood reported on an experiment that done at a maximum security prison in England by Oxford University scientist Bernard Gesch and a team of British scientists. The group observed 231 prisoners in a study to determine the effects of over-the-counter vitamins, minerals and essential fatty acids. The scientists first studied a selected group of prisoners for some nine months, recording their behavior, whether they were anti-social, starting fights with other inmates, and using aggressive language to guards. After the initial nine months, the scientific team supplemented half the group with the vitamin, mineral and essential fatty acid supplements for nine months, while the other half of the group was

Humor ... from Coffee 'n' Carrots

"I try to take one day at a time, but sometimes several days attack me at once."

— Jennifer Unlimited



given placebos.

While the standard prison diet is considered fairly healthy and supplying the recommended doses of nutrients, many prisoners select "chips" (french fried potatoes) in the place of offered vegetables.

Professor Stephen Schoenthaler, Professor of Criminology and Sociology at California State University, Stanislaus, has studied the effects of vitamins on prison inmates in California over the last 20 years. He has shown that young adult men receiving vitamin supplements showed a 38% drop in serious behavior problems. The professor went further: he produced a large study of prison diets in California, New York, Oklahoma, Virginia, and Florida and found "that the prisoner's eating habits could be used to predict future violent behavior."

Children and Antipsychotics

Scientists have not yet figured out why diet is related to irritable, even criminal behavior. In our *Healing Newsletter* (Volume 19, No. 3, May/June 2004), we described children who are depressed and are given potent antipsychotic drugs in an attempt to control their depression. But it has long been known that *organically grown fruit and vegetables overcome chronic behavior problems in children*, including their inability to learn: ADD (Attention Deficit Disorder). Instead, these kids, now numbering in the millions in the US alone and as young as two years old, are being drugged with Ritalin®, a close molecular relative to cocaine.

Hopefully, with more news of the type reported by *The Osgood File*, it will not be too much longer before nutrition is better understood and the relationship to brain function, behavior and emotion is clear to doctors and scientists.

Mercury: The Poison in Our Teeth

by Howard Straus

Most of us go to the dentist on a fairly regular basis, trusting him or her to do what is necessary to keep our teeth in good shape, filling what needs to be filled, cleaning what needs to be cleaned, and recommending that we brush or floss more often or more thoroughly. Then, we thankfully hope that nothing goes wrong for the next six months or a year. Our dentist, the qualified, professional health care specialist, has done what needs to be done, caring for our oral health.

Or has he?

In the United States, and in many parts of the world, when the dentist needs to fill a cavity, he will first drill it out, clean out any decay from the drilled area, then mix a combination of 50% silver powder and 50% liquid mercury in a pestle, kneading it to the consistency of heavy paste before he packs the amalgam into the cavity. The resulting filling will last from ten to twenty years before having to be replaced.

It is the safety of the filling that is not what we hope it would be.

You see, the dentist mixes a little more than he needs as a precautionary measure. It would not be good to have to stop in the middle of filling the tooth to mix up some more of the amalgam. So there is invariably a little of the substance left over. The United States Environmental Protection Agency classifies that leftover dental amalgam as toxic waste, to be handled and disposed of in an extremely careful and thoroughly prescribed manner. How has the majority of the amalgam, now in your mouth for the next 20 years, suddenly been transformed from toxic waste to a

benign and beneficial filling by the simple action of the dentist putting it in your mouth? Once again, after ten or 20 years, when the dentist must remove the cracked or worn out filling, the substance that comes out of your mouth is reclassified as toxic waste by the EPA, transformed again into something that can endanger the entire environment once it is out of your mouth.

Many studies have been done on silver amalgam fillings and their stability.



You can see some of these quoted in Dr. Hal Huggins' book *It's All in Your Head*. Over the course of 20 years, despite the protestations of the dental community regarding the stability of the fillings, 95% of the mercury in the fillings can leach out of the amalgam and into your system! To counter the impression that the metal combination is unstable, dentists now call the substance "alloy." That gives it the air of bronze, pewter or stainless steel, doesn't it? But these substances do not dissociate nearly as readily as mercury-silver amalgam.

Our mouths are harsh environments

for artificial substances. They contain acids, enzymes and organisms designed to begin the metabolism of foods by chemical action, augmented by extreme pressure at selected sites (the faces of the teeth) to crush foods into powder or pulp as a necessary first step. The problem is that the amalgam is subject to these same forces and chemical actions. Add to that the heat from hot food and drink, and it is clear why mercury, a volatile metal (evaporates at room temperature), can come out of the combination and be absorbed along with your food.

Scientific studies of mercury evaporation have shown that there is a constant level of mercury vapor above the surface of an amalgam filling. In our mouths, of course, that means there is a constant small dose of mercury being metered into our system, even when we are not chewing and drinking hot coffee.

Now, mercury is not a benign metal, nor one that we should have in our bodies at any significant level. We all remember the image of the Mad Hatter from Lewis Carroll's endearing children's classic *Alice in Wonderland*. The reason that the mad hatter was a cultural symbol was that hatters used to cure felt with mercury, and were thus exposed to mercury vapor and liquid mercury on a daily basis. Mercury is a highly dangerous metal, damaging our bodies and minds slowly, inexorably and silently. Mercury contamination in sea food has been responsible for much environmental illness and damage, particularly in Japan, where a large segment of the population depends on fish, and industry has, from time to time, dumped significant amounts of mercury into the ocean surrounding that island nation.

In the United States, and in any coun-

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Royal ...

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United States ... thundering silence.

The Internet carries many of the international papers that have picked up the story, which has resonated with controversy from Scotland to New Zealand in many English-speaking countries. Most of the papers have reported far less about the Prince's comments than excerpting a response to his comments written by Prof. Michael Baum, emeritus professor of oncology, invariably identified as a "top cancer specialist" or "leading cancer expert." His credentials, which he arrogantly declares as superior to Prince Charles' for commenting on cancer, are that "Over the past 20 years I have treated thousands of patients with cancer and lost some dear friends and relatives along the way to this dreaded disease." He does not claim to have helped or cured so much as one patient, yet he is held up by the press as a prime example of the profession, a sorry comment on the state of conventional cancer treatment.

Yet, Baum fires off ignorant criticisms and misquotes of the Prince of Wales, the Gerson Therapy® and alternative medicine in general, generously demonstrating how little he actually knows about the subject. Baum criticizes alternative therapies for a lack of research, but does not even once urge, like Prince Charles does, that much more research is warranted. Instead, he and other oncologists are furious that people might "go off" their conventional treatment in favor of some

"unproven" therapy because they heard of a woman who survived breast cancer seven years longer than was expected, or read *Living Proof: A Medical Mutiny*, by Prof. Michael Gearin-Tosh, an Oxford Professor who has survived multiple myeloma ten years longer than was expected, or perhaps Beata Bishop's *A Time To Heal*, about her 23-year recovery from "terminal" melanoma, all on the Gerson Therapy.

Hmmm. The physicians who don't like patients going after a therapy that has actually produced long-term survivals seem to us to be protecting their income and power rather than helping their patients. Any scientist worth his publications would jump on such

Any scientist worth his publications would jump on such anomalous cases and research them further

anomalous cases and research them further, just in case they held some grain of hope for cancer patients. The greatest breakthroughs in the history of science have come from alert scientists pursuing anomalous results not explained by conventional wisdom. Only the status quo is protected by averting one's eyes from unusual and "inexplicable" events.

Consider the following: if accepted medical science, sterile, conventional, paid for by insurance, administered by "top experts" *had a cure for cancer*, why would desperate people in their tens of thousands be driven to alternative means? Very few people turn to alternative methods for, let's say, acute appendicitis. They can get perfectly adequate, effective, insured treatment from routine surgery. In contrast, allopathic physicians *have no answer* to diseases labeled "chronic" or "degenerative," ailments defined as "incur-

able." And there are over 1,500 diseases with this designation, for which the causes are "obscure," "poorly understood," "unknown," and other words that are synonymous with, "Gee, we just don't know." Yet, allopathic physicians are quick to treat these diseases, often with painful, expensive, ineffective and toxic methods, a response bound to be as effective as attacking Canada in response to Pearl Harbor.

The notion that really disturbs allopathic physicians is that their patients are no longer quietly accepting these increasingly expensive, dangerous and ineffective treatments, but are looking elsewhere for real solutions. Some find the Gerson Therapy, some doubtless find other treatments, both real and fake. But each such defection, on average, costs conventional practitioners over \$100,000 in lost revenues, the

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Royal ...

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cost of dying of cancer in the United States. Some of the funds would have gone to surgeons, some to the manufacturers of chemotherapeutic drugs, some to the producers of radiation equipment, some to hospitals. But the bottom line is that, should 1,000 patients choose another path, it directly translates to \$100,000,000 in lost revenue to the medical industry. Imagine if 10,000 cancer patients sought effective and nontoxic treatment! That is what the medical community, pharmaceutical companies, insurance companies and even the US government are trying to prevent with a multi-pronged attack.

Add to that the implication that food processing chemicals, animal protein and fat, pharmaceutical drugs, alcohol, fast foods, tobacco and salt, artificial fertilizers and poisonous pesticides would be shown to be contributory factors to these 1,500 chronic diseases, and we toss in several more multi-billion dollar industries whose profits are threatened. It is easy to see why there is such a lot of angry denial from those who are making a huge profit on the terrible suffering of cancer patients and their families.

Medical scientists have swallowed, hook line and sinker, the pharmaceutical companies' definition of what constitutes scientific proof. The supposed "experts" accept only randomized, double-blind trials as valid. Yet, this circular definition is an intentional deception by Big Pharma to once and for all eliminate multifactorial therapies from medical consideration, literally defining drugs as the only thing that can be "proven." Under their rules, even surgery must be considered an "unproven" method, even though it is widely and profitably used to treat (not cure, remember) all forms of cancer.

The definition is clearly political, not scientific. Any true scientist will confirm that the global gold standard of scientific proof is that first, the thesis, method and results must be published in a reputable, peer-reviewed journal, second, other scientists, using just the published information, must be able to replicate the claimed results, and third, for final validation, these other scientists must then publish their own confirming trials or data in reputable journals. All other scientific disciplines adhere to this standard.

The Gerson Therapy, despite the propaganda and disinformation of the medical community, has richly fulfilled all three requirements of *real* scientific proof, unlike the biased and industry-funded trials of chemotherapy drugs, and the fatally skewed publications of conventional medicine. Anyone wishing to check out the publications and references of the Gerson Therapy need only go to Dr. Saul's superb website, DoctorYourself.com, at http://www.doctoryourself.com/bib_gerson.html and http://www.doctoryourself.com/bib_gerson_therapy.html for nearly 200 references in the finest medical journals in the world. We have also included the bibliography in *The Gerson Therapy* by Charlotte Gerson and Dr. Morton Walker, and in *Dr. Max Gerson: Healing the Hopeless* by your editor. To claim inability to find Gerson Therapy references in the medical literature only declares the *claimant* incompetent at literature search!

Fortunately, your editor has been corresponding with some media who have looked directly at the documentary evidence, and the demonstrated proof that the Gerson Therapy has generated over the years. These brave souls have published unbiased pieces on the Therapy, and have published some of the documentation on their websites, including MediLexicon.com and others.

Suing for Soy Exposure?

by Charlotte Gerson

We reproduce this invitation without comment, but note that Dr. Mercola is normally a reliable source of health information.

In his regular newsletter, eHealthy News You Can Use, Dr. Joseph Mercola writes: "If You're Suffering From a Medical Problem Caused by Soy, You May Now be Able to Take Legal Action!"

- If you have experienced any serious health symptoms as a result of taking soy products, you may be entitled to legal assistance. Find out the steps you can take to file a claim against the medical consequences caused by ingesting soy products. Contact Dr. Joseph Mercola at jm@lists.mercola.com.
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Mercury ...

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try where mercury is used widely to fill dental cavities, mercury-silver amalgam fillings are our greatest exposure to mercury. There is no telling how much "Alzheimer's disease" is really the result of long-term mercury poisoning, how much rheumatoid arthritis, how much multiple sclerosis, etc. But there are clues.

The dentists and dental assistants who put mercury in your mouth are exposed to the mechanical mixing and handling of mercury many times a day. It is no surprise that dentists have one of the highest rates of suicide in the medical profession. Dentists and dental assistants are the largest users of medical insurance (for themselves) of any of the medical care providers. Post mortem tests of dental staff show dangerously high levels of absorbed mercury in their vital organs.


Add to that another exposure, and there is really a significant risk to having mercury-silver amalgam fillings in one's mouth. Our brain has a powerful defense against the absorption of heavy metals, like aluminum (contained in antiperspirants and cosmetics) and mercury, from the bloodstream. It is called the blood-brain barrier, and it blocks these potentially harmful ele-

ments from affecting the brain. The one chemical that can enable heavy metals to cross that barrier is fluoride, a chemical that is routinely added to the water supplies of many municipalities in the United States and elsewhere. The attacks on our bodies are relentless and ever-increasing, and the "competent authorities" won't protect you. "They" are the very ones out to pollute our bodies and our environment. You must protect yourself. Nobody else cares about your health and well-being like you do. Here's what you must do.

Make sure that the mercury-amalgam fillings in your mouth are removed. This must be done by a qualified, experienced and knowledgeable dentist, as the process itself will release mercury vapor, endangering both you and the dentist. Special procedures need to be followed to avoid as much contact with the vapor as possible. This is, itself, difficult in the United States, because the American Dental Association has declared the procedure "unethical," and harasses dentists who do it. Dr. Hal Huggins will refer you to dentists who can and will remove mercury fillings.

If you have mercury-silver amalgam fillings in your teeth, avoid fluoridated water, toothpaste and any other source like the plague. Make sure that your

cooking, drinking and skin-contact water is fluoride-free. This will offer you some small measure of protection.

Fortunately, many Americans have awakened to the potential danger lurking in their mouths, due to the American Dental Association's policies. There is a bill pending before Congress called the Watson-Burton bill (H.R.4163). Its intent is to abolish Mercury fillings for children, pregnant women, and nursing mothers immediately, and to phase out its use for everyone else by 2006. The ADA, of course, with the full backing of the FDA, is fighting the bill tooth and nail. After all, the ADA *got its start* from permitting cheap mercury amalgam fillings when the American College of Dentistry would not allow its members to use the toxic material. The ADA has spent the better part of a century promoting mercury amalgam, censoring and mercilessly harassing dentists who oppose the poison. For the government to now declare mercury amalgam toxic places the ADA in an untenable liability situation with the millions of people who have suffered injury and illness from its use. Thank heavens there are courageous and persistent people with ethics who will fight the ADA and the FDA for all our health. Look into Consumers for Dental Choice, who are fighting the good fight. 

Frank Gill – An Update

by Charlotte Gerson

In our *Newsletter* Volume 18, No. 4, July/August 2003, we reproduced Frank's own report on his wonderful early response to the Gerson Therapy. He told of the huge number of serious problems he had, reporting that just a few weeks earlier, his doctors, for the second time, had given him a death sentence! He was suffering from liver cirrhosis aside from acid reflux and gastric ulcers, sleep apnea, pulmonary

lung disease (had triple by-pass surgery), diabetes, high blood pressure, chronic fatigue, and depression. He tried Viagra®, then doubled the dose, without results!

We heard from him again at the end of July, and he was very helpful by providing his intervening blood tests. They are clearly improving all the time! But he shared the best news: now, some 17 months after the start of his Therapy: *all* his test results are in *normal range!* And this last examination was a total

metabolic work-up, including kidney, liver – all the essential organs. He reports that he is feeling great, has really good energy – and certainly no longer needs to even think of Viagra.

Another great bonus: Frank's wife, Judy, is doing the Therapy with Frank. Her long years of migraine headaches every month that landed her in the hospital with dry heaves and even black-outs are *gone* since she started the Therapy. She stopped smoking, looks younger, has better energy, and feels great. 