



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

The Gerson Miracle

On Television!

by Howard Straus, Editor

As you will notice in the Schedule of Events on the back cover of this issue, there are several showings of our award-winning documentary, *The Gerson Miracle* scheduled in the California and Colorado areas. This was not as difficult a task as you might imagine: it turns out that all you have to do is ask! The results, however, have been outstanding. The only showing that had occurred as of press time was in Santa Cruz, CA on August 18, 2004. As soon as it was scheduled for showing, the Gerson Institute placed ads in some local newspapers alerting the public that it was to be shown. After the show, the television station was deluged with calls requesting a date for the next showing. Happily, it will be shown again as soon as they have a slot.

Another showing has been scheduled for Oct. 23 in San Jose, California, in addition to the six shown in the schedule.

It occurs to the Editor that we have subscribers in many small and large communities around the country who could simply contact their local community access television stations and request a showing of this documentary. The Gerson Institute will

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Patient Story: Mary Westerfield

Hodgkin's Lymphoma Healed at Home

by Charlotte Gerson

In 1980, Mary Westerfield, aged 25, suffered from night sweats—then found a lump in her neck near her collar bone. A physician removed the lump, which was biopsied and found to be Hodgkin's Lymphoma. Further testing revealed a two inch tumor next to her heart. To treat this, she was given radiation to the area.

During the radiation to her chest, they tipped her head into the radiation field (asking her to lie completely flat on the table) so that the radiation damage not only constricted her esophagus—she was unable to swallow—but she also lost the hair on the entire back of her head. "After the radiation, my bald head was as slick as a bowling ball," Mary reports. "When I tried to swallow a drop of water, I would be in extreme pain as the water went all the way down. It felt like swallowing broken glass. My skin turned bright red—then charcoal-colored and it was the consistency of paper. I blended all my food to liquid."

Mary was told to eat plenty of proteins, and had annual check ups. She ate lots of steak to follow the doctor's orders!

All was well until 1986, when an annual examination found a new lump on the opposite side of her neck, growing back into her chest. She had already received the maximum possible radiation during her treatments in 1980, so no further radiation could be done. Therefore, she was told to get chemo. Mary was so ill after the first treatment, she vomited for five hours, then had dry heaves until she felt as though her bones would crack. She told her oncologist she couldn't take more and wouldn't come back. But he promised her not to worry, he was using the "mildest of some sixty types that were available," and she should come back. Part of his new protocol involved prednisone, which she refused. However, she did receive seven months of chemo.

After she prayed for God's guidance, some friends told her about nutrition and the Gerson Therapy. One day in a health food store she noted somebody buying a lot of carrots. She became curious and when she found out more about the Gerson Therapy, decided to use it for herself. She

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Recovery ...

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started to drink carrot juice while still on chemo treatments, and told her oncologist that she "wanted to increase her immune system." After the chemo protocol she began the full Therapy at home using Dr. Gerson's book, *A Cancer Therapy*.

In her years on the Therapy, Mary became "hooked on natural foods," and has stayed with nutritious, healthy foods ever since. One problem remained, however:

due to the radiation and chemo damage, she was unable to ovulate, so has not been able to bear children.

Though Mary lives in the reputed "allergy capital of the US," she no longer suffers from allergies. Now 50, Mary feels great, never has colds, headaches, aches or pains, never takes an aspirin. She says that her "energy level is unbelievable."

Mary's mother died of breast cancer when Mary was 12 years old and her father died of cancer when she was 35. She says, "I know they would be alive today if they would have changed to the natural alternative. I have had no doctor or oncologist since 1986," Mary tells us. "I have a pho-

bia of doctors—very scary."

Mary further writes, "I am continually learning more about nutritional principles that God wants me to follow, and feel the difference when I am eating the right way.

"I can see so many positive health effects now that I cleanse and detoxify my body of the poisons which build up over the years, especially poisons that build up in the colon from poor eating habits.

When I grew up in Wisconsin, my diet consisted of meat and dairy and fatty, processed foods. Now I have totally changed and the delicious fruits and vegetables and whole foods make me so much healthier. I feel good after eating a meal and have no trouble digesting these healthy foods..

"It is almost impossible to list all the benefits I have experienced from my new lifestyle. I now have extremely smooth, clear skin; my eyes are clear and bright, I have more energy and stamina than when I was a young teen. My hair is naturally shiny and healthy, my mind is much clearer; I sleep well and wake up feeling great. I am flexible and in spite of eating ample meals, am staying slim.

"Many people can't believe I ever had cancer. I thank the Lord for each day and am not shy about telling my age. They say that I look like I am in my thirties. I never crave sweets or take any medicine. I mostly would like to share this wonderful experience with others to help them also get on the right track and stay healthy."

People can't believe I ever had cancer. I thank the Lord for each day and am not shy about telling my age. They say that I look like I am in my thirties.

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Gerson Miracle ...

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happily provide you and/or the station with a copy of the film in whatever format they usually accept material. On occasion, there is a small fee for content not produced in the local area, which, for this film, will almost always be the case. We will cover that cost as well, and take care of whatever paperwork needs to be completed. The reason we are requesting you, our members, to make contact with your television stations is that the material usually has to be submitted by a local resident.

Thus far, the four people who have made the contact have had no problems getting the material onto the playlist, in some cases more than once. When you do, the Institute will advertise the showing in your local paper so your neighbors and friends will also know that it is playing.

Can you imagine the positive effect of showing this powerful documentary on dozens, even hundreds of community television stations around the country? If the commercial media, dominated by advertisers, block us from one outlet, we'll simply find another.

This is one way you can make an enormous impact with relatively little effort: just one telephone call to your local station! How about it?

Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is our membership organ, and is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health.

Members receive the Gerson Healing Newsletter six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of \$30.00 or more (foreign memberships \$35.00) to The Gerson Institute.

GERSON[®] HEALING NEWSLETTER

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THE SPIRIT OF GENEROSITY AND THIS POWERFUL WORK

As we embark upon the winter holiday season our thoughts are filled with the true meaning of celebration; our hearts are filled with gratitude for what we receive and what we give and our purpose is expanded by those who believe in our mission. Cotton Mather wrote, "Our opportunities to do good are our talents." I would like to tell you of one such talented member who wishes to remain anonymous. She wanted to donate shares of stock worth a substantial amount and avoid capital gains taxes. Being non-profit we established a corporate stock account into which her shares were transferred and sold. We are so grateful for her generosity and her creativity. This adds another way for our many, loyal members to ensure a rightful investment of their resources. Another member made a most generous pledge and has wired

monthly donations over a 10-month period. It is now also possible to sell an item on eBay and designate the proceeds to the Gerson Institute, dba the Cancer Curing Society. This has been made possible through our participation in the Independent Charities of America. Recently, two members have listed the Institute as beneficiaries on life insurance policies. Giving to a non-profit is a way of giving to a meaningful cause and giving to you at the same time. Our program capabilities are unlimited as we are seeing such an increase in interest and demand for this life affirming, natural way of healing. Bless Dr. Gerson!!!

In October, we held our Fifth Caregiver Training Program and had 27 graduates. There is so much demand for this hands-on training presented by Charlotte Gerson and Carol Beard that we are considering another class within 6-8 months. We are also in the early

planning stages of a major fundraising campaign for the purchase of property in San Diego for an Institute operated Health Restoration Center. This would cover non-cancer diseases, wellness, residential training opportunities and a healthy vacation option. We are looking at a Bed and Breakfast with a six-bed capacity. The recent staff additions of Lara Koljonen and Carmella Pingatore as Gerson Chefs add to our ability to develop such a program. We also want to welcome Vignesh Swaminathan to our Client Services Department. These young bright people bring such joy and passion to our team. Our kitchen is full of laughter and lettuce, carrots and kindness, and an attitude of reverence for the opportunity of learning how to heal with food.

Our greatest gift is the news of a recovering patient. Have a joy-centered holiday.

—Anita

John F. Kennedy:

Beating Colon Cancer

by Charlotte Gerson

John was born in 1938. At the end of the 1970s, he noted irregular rectal bleeding, dark in color. He went to see his doctor in El Cajon, CA, who did a rectal blood test as well as a barium enema (barium is used in order to make the colon visible on an X-ray picture). John had no surgery.

The physician diagnosed colon cancer that had spread, confirmed by the X-rays, and he found metastases to the liver. He told John to "get his affairs in order, make his will, and prepare his wife."

John didn't like the idea, and set off to do some research. He found some books by Carlton Fredricks. With his new ideas, he went to a health food store, where he found a "familiar" name: it was Dr. Max Gerson's *A Cancer Therapy: Results of 50 Cases*. A neighbor he met at the store spoke to John about his own colon cancer, cured by the book John held in his hand: *A Cancer Therapy*.

Then John found the Gerson Institute, called and visited their office in San Diego, where he got information about the Gerson

Therapy hospital and arranged a stay there. He was treated by Dr. Melendez and was impressed how, by laying her hands on him, she knew exactly where his problem was. (She had no doubt also studied his medical reports.) In one week, John had a heavy 'healing reaction' after which he felt much better, "almost euphoric."

He continued the Therapy at home with the K & K (press type juicer). It was difficult for his handicapped wife. During this time, they also moved 'up north' to Mendocino County where John had pure, uncontaminated spring water and fresh air.

In a few months, John felt much better and after six months, he says, "I felt about normal." He stayed with the Gerson Therapy for two and a half years. When he went back to his original doctor, he sent for John's records, looked at them, and said, "If you were cured of cancer, I don't know what idiot diagnosed you." John suggested the doctor look at the signature on the records: it was his own! Later, when John asked for his records at the V.A. hospital, they had been 'modified!'

In 1990, on the same day that his wife passed away, John had a serious accident: he fell 30 feet onto a concrete floor from a

loft and passed out. With several fractures, he landed in a wheel chair. His neurosurgeon told him that he would never walk again. John used DMSO [dimethylsulfoxide] to help regenerate his bones and spinal cord damage, did some juicing, went back to eating "proper" foods—and recovered.

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.

Prescriptions for Mass Murder

by Charlotte Gerson

In the early days of October, 2004, the widely distributed drug VIOXX® was suddenly withdrawn from the market. It apparently was 'just discovered' that it is a dangerous material and has caused *thousands of deaths* from "sudden heart attacks," kidney damage and other serious illness. This scandal is not only a financial one, but one of mass murder.

It has apparently been known for over four years that VIOXX, with a worldwide distribution for the relief of arthritis pain, has serious 'side effects.' One can read it in *The Companion Guide of the Physician's Desk Reference*; edited specially for the laymen. There are other books on the subject: *People's Guide to Deadly Drug Interactions*, by Joe Graedon and Theresa Graedon, Ph.D. (St. Martins Press, New York; 1995). And for serious researchers, there is the medical "PDR" (*Physician's Desk Reference*) that has many columns of cautionaries referring to VIOXX. For instance, you can read under "Warnings and Side Effects" that *Cardiovascular effects* included sudden death, myocardial infarction (heart attack), angina, stroke, venous and arterial thromboses.

But the real shocker is that VIOXX in the course of 2003 yielded an income to Merck of US\$2,550,000,000 (yes, that's over two and a half *billion* dollars); and it was clearly stated that "business issues" kept it from being withdrawn earlier! Yet, a few days after the official withdrawal of VIOXX, a radio announcement had it that the number of heart attacks attributed to its use was estimated at 28,000.

The next point is: if you have arthritis and have relied on VIOXX for pain relief, what will you do without it? Well, there is Celebrex®, which according to doctors is very similar in pharmaceutical structure—its manufacturer, Pfizer, has rushed to state that it is perfectly safe—but can you trust it? Check the PDR, and you'll find that very similar 'side effects and

warnings' are given for Celebrex as for VIOXX. To the above list of cardiovascular problems, add pulmonary embolism, peripheral gangrene, as well as intestinal perforation and dozens of other problems.

So what remains? Your best bet is always healing. As you know, the Gerson Therapy has been very effective in halting the pain of arthritis, and, if pursued further, in reversing arthritis. This is especially true and relatively easy in the case of rheumatoid arthritis which responds extremely well and quite rapidly to the Gerson Therapy. But, there are also those

Almost half of the children born to women who had taken cholesterol-lowering statin drugs during the first trimester of pregnancy are malformed ... we are sleepwalking into what could be a major medical disaster.

people who want to take a pill and not change their lifestyle. While we don't advocate pain killers, Ibuprofen is superior to any of the other drugs, and less dangerous.

While I was researching drug damage, I checked a few others prescription items that are commonly used and widely distributed. Some of the worst offenders are the statins, for the reduction of blood cholesterol. It is so easy to reduce blood cholesterol with the Gerson Therapy that I see no reason to take dangerous drugs. We have seen some extraordinary responses in several patients: their high cholesterol, above 500 (should be between 160 and 190), came down by over 100 points in just one week at the Mexican Gerson hospital, without cholesterol-lowering drugs! That dra-

matic improvement is not true for all patients; but a considerable drop is common. Now let us look at the latest information about statins: In the April 8th issue (2004) the *New England Journal of Medicine* carried an article reporting on the research done by two physicians from the National Institutes of Health that almost half of the children born to women who had taken cholesterol-lowering statin drugs during the first trimester of pregnancy are malformed! A Dr. Malcolm Kendrick wrote a blistering attack on statins, saying "we are sleepwalking into what could be a major medical disaster." There are numerous 'statin' drugs on the market, heavily advertised ones are: Lipitor®, Zocor®, Pravachol®, Crestor® and more. What if you are not in the child-bearing years, or you are a male: are statin drugs safe? Here are a few 'side effects' mentioned in the *PDR Companion Guide*: liver damage, muscle tissue damage, abdominal pain, headache, constipation, diarrhea, gas, nausea, upper respiratory infection, weakness. Some of these 'side effects' have proven fatal!

Just a few days later, the US-owned British drug maker, Chiron, announced that the government of the UK had stopped them from marketing their flu vaccine because of concerns about contamination. This means that 50% of the expected flu vaccines destined for the U.S. market will not be available. Since it takes a considerable amount of time to produce the vaccines, they cannot be ready for this year's flu season. Available shots will be reserved for children from six months up, the elderly, and those chronically ill. Is that a disaster? Hardly. It is not too difficult to build up one's immune system with good, fresh, vegetarian foods, daily portions of organic carrot juice, and by minimizing 'junk food.' This will keep a lot of people from developing the disastrous side-effects of the immunization shots which contain the highly toxic chemical thimerosal. Many people will remember the terrible winter of the swine-flu vaccine that produced severe paralyses and deaths.

We have written before about

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The Heroic Journey to Wellness

by Dr. Maya Nicole Baylac, N.D.

Cardiovascular disease is the number one disease killer in the USA. As obesity increases, so do the number of new cases of diabetes and cancer. These diseases are simply reflections of a pathological society promoting poor lifestyle habits. We sit and drive to work, sit and watch TV, sit and overeat stimulating foods saturated with salt and fat, but deprived of the true nourishment of vitamins, minerals and enzymes. We limit our creativity and freedom to the issues of a consumer's choice and avoid the real issues. Does your life have a purpose? Did you realize the potential you were given at birth? What happened to the adolescent's dreams of embracing the world and living life fully? Have you been growing spiritually and emotionally? Have you been nourishing your heart? After a few years of poor lifestyle habits, some red lights are flashing here and there. Maybe you are fatigued or you have low energy. Maybe you are depressed, dissatisfied or unhappy. Your doctor says you are Prozac[®] deficient. But you continue ignoring these signals and stuff your stomach with insulting foods to numb the fear and shut out the little voice saying that things could be better.

Much suffering could be avoided with a little self introspection and self awareness. This is where it starts. Acknowledging the despair, feeling the despair and not wanting to cover it up any more takes courage and honesty. Just turn off the TV for a minute. Just throw away the bag of potato chips or the fifteenth cup of coffee and sit in silence with yourself. Are you courageous enough to let the despair and loneliness emerge from the silence of your heart? Are you courageous enough to ask for help? I know you are desperate or you would not be sabotaging yourself, eating sugar or smoking cigarettes day after day thinking you will stop tomorrow. Tomorrow never comes. Asking for help is where your path starts. Accepting your

powerlessness to change and having the humility to reach out. This is real strength. This is where trust starts and when miracles happen.

I have been walking the same path, waiting for you to come by. I will guide your first steps in the world of constant transformation. I will help you to face the fears and bring you to the world of love and trust. There is no end to the journey of betterment and wellness. It is never too late to say yes to life! Expand your awareness, increase your physical strength, feel your boundless beauty, improve your well being, and refine your compassion. Remove the boundaries of the impossible and see that it is possible to reach the impossible!

Dr. Gerson had trust, strength, creativity and courage when he refused to accept the limitation of conventional medicine. He was told, "there is nothing that we can do for you, you will have these migraine headaches all your life!" How many of you have used drugs and surgery, felt better for awhile and later found yourself to be right back where you started? "We have given you all the drugs we could give you without killing you, we have opened your chest and your heart, and now there is nothing else we can do; we cannot even help you to die peacefully."

Dr. Gerson showed us the path of the

Give a gift of Healing for 2005. A subscription to the Gerson Healing Newsletter will bring healthy news all year long, and will preserve and protect the ones you love. Show how much you care!

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hero to wellness. He did not believe in incurable disease. He had tremendous faith in life. His lifetime work and dedication has been a precious tool for both patients and practitioners. From his personal experience, patients learn determination to heal, regardless of prognostics from the medical authorities. From his professional experience, doctors may learn integrity in their service to humanity. Dr. Gerson did not give up until he found the true cause of disease: toxicity and deficiency. Detoxify the body from the harmful effects of drugs and chemicals that damage the organs and cells, clog the arteries and block the body's receptors. Rebuild the starving body and the immune system with foods rich in nutrients. Drugs and surgery do not heal. They just mask the symptoms temporarily. Angioplasty will be followed by another angioplasty then by-pass surgery and then what? You know it!

Dr. Gerson left us with the legacy of the healing power of whole foods and the power of the mind as a healer. Many thanks to him for serving humanity with his heroic journey into healing and for leaving us with the legacy of a life-affirming medicine. Like Dr. Gerson, many of you did not give up and have undertaken the search for true healing. You changed your environment to serve your needs, rather than adapt to sickening circumstances. You had the strength to say good bye to lifestyles that were keeping you in slavery and misery. You dared to face yourself and live your truth. You became your own doctor. You changed your belief system and reversed conditions that were called terminal. To you, I say thank you for channeling the healing power of nature and celebrating the beauty of life in your journey to health!

I invite you to follow the path of the hero into wellness. There is no chronic illness, there is only chronic unconsciousness. With the will to live and the courage to change, most diseases are curable.

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Health Freedoms Going Fast

from Dr. Jonathan V. Wright's *Nutrition & Healing*, Vol. 11, No. 8, Sep. 2004

"Three steps—and 11 months—to defuse the ticking time bomb threatening your access to vitamins and minerals."

By Jonathan V. Wright, M.D.

"You've taken supplements for years. You're out of vitamins C and E. You go to your natural food store, but you can't find the kind you want on the shelf. You ask a clerk to find them for you. She says you can't get your vitamin E as mixed tocopherols (the best natural form) anymore, and asks if you like your vitamin C in the 100- or 200-milligram size. The 1,000-milligram size, you say.

"Where have you been?" she asks. 'Asleep since 2004? It's 2007 now! The types and sizes of vitamins you just asked for have been declared illegal by the Dispute Settlement Body of the World Trade Organization!' "Wait" you reply. 'This is America! Our President says we're fighting for American freedom—and you're telling me that the World Trade Organization can dictate what size vitamin C I can take, and forbid me from taking mixed tocopherols?'

"The sales clerk sighs, and reaches for a piece of paper. 'It's a little complicated,' she says. 'A few years back, the European Commission passed the European Food Supplements Directive...

"You feel your blood pressure rising. 'What does the European Commission and its Directive have to do with me? If Europeans want bureaucrats to tell them what to do, that's their business. I'm a free citizen of these United States!' Now, now, dear, your blood pressure will go up, and you can't get calcium citrate, magnesium aspartate, CoQ10 or L-arginine or anything else natural to help regulate it anymore.

"What? This goes beyond the FDA's wildest dreams!'

"That's not a tenth of it, dear. While you were distracted by the war overseas for American freedom, here at home we lost

our right to buy any amino acids at all—no arginine, no carnitine, no tryptophan, nothing. I can't sell you any essential fatty acids either—DHA or EPA. And no beta-carotene, no mixed carotenoids, no MSM, no boron... The list goes on and on.'

"So what can I buy?" you ask.

"Let's see ... those 100- and 200-milligram vitamin Cs. Vitamin B6 maximal 4.2 milligrams, vitamin B₁₂ 4 milligrams. Oh, here's a better one: You can get niacin at 32 milligrams.'

"Enough! I'm getting sick! How did this ever happen in these United States?'

"As I was saying, the European Directive..."

*"Three steps—
and 11 months—
to defuse the tick-
ing time bomb
threatening your
access to vitamins
and minerals."*

"I heard you. But what about America's Congress, America's President?'

"Oh, they signed us up for this in the 1990s, when they made us members of the World Trade Organization. According to the Congressional Research Service: 'As a member of the World Trade Organization, the United States does commit to act in accordance with the rules of the multilateral body. The United States is legally obligated to ensure national laws do not conflict with World Trade Organization rules.'"

"Our President and Congress send troops overseas to fight for freedom, but let the WTO tell us what to do with our vitamins? There must be something we can do.'

"Actually, we did have a chance or two to reverse this in 2004, but it's going to be incredibly difficult now.'

"But I really need my mixed tocopherol vitamin E. And my mother with congestive heart failure depends on CoQ10.'

"I'm not unsympathetic, especially to your poor mother, dear.' She looks all around, then lowers her voice. 'I can give you some sources downtown.' She whispers a few names.

"But those people deal dangerous drugs! Now they're selling vitamins, too?'

"That's freedom in America in 2007, dear.'

Think it can't happen? Think again!

"The FDA's wildest dream—and our worst nightmare—is about to come true. Two years ago, I told you about the passage of the European Union (EU) Directive on Dietary Supplements. This directive, which is part of a larger form of legislation called Codex Alimentarius, severely restricts access to natural health products in Europe. At the time, it probably seemed a long way off:

After all, the law wasn't to go into effect for several years following the initial passage.

"Unfortunately, that several years is up, and the EU Directive is on track to take full effect in August, 2005—less than a year from now—and by 2007, the scene described above will certainly be a reality for many, many people. Obviously, this is devastating news for Europe. But thanks to some pre-existing international agreements made by the U. S., the EU Directive will be just as devastating for the natural health community here. The main difference is that while the Directive has been big news in Europe for some time, it's been virtually ignored by U.S. Media, which means that the severe restrictions it calls for will sneak up on most people and rob us all of our freedom to choose natural alternatives before we even know what's happening. That's why I and many of my colleagues in the health publishing world have done our best to keep you informed of the Directive's

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Ella Augenti's Amazing Story

by Charlotte Gerson

Ella is now 88 years old, was born in Switzerland in 1916. It is almost incredible; but Ella suffered from all the above ailments.

In 1928 when she was only 12 years old, her mother was diagnosed with Tuberculosis. She found Dr. Gerson in New York, did the Gerson Therapy, recovered, and lived 12 years in good health. Due to an auto accident, she had very severe injuries, bleeding and shortly thereafter died.

In 1954 Ella found herself in an extremely stressful marriage at age 30, she developed Grave's Disease (Exophthalmic goiter) She returned to Dr. Gerson in New York, followed his advice, "and I got well quickly while dieting with my mother". The disease never recurred.

"Later I got hypoglycemia and didn't know where you were, so I went to doctors who put me on a protein diet. I didn't get anything but dizzy - so I quit. By the greatest good luck, my niece had gotten a health food store and had received notice that you were going to lecture in Asbury Park (New Jersey). I was so thankful to find you; went back on the [Gerson] diet and got

rid of that problem."

It was at age 71 that Ella noted rectal bleeding. Since she seriously distrusted doctors, and she assumed that it was hemorrhoidal bleeding, she did not go for a medical diagnosis. Finally, with some problems of elimination, she did consult a doctor who found "a very large tumor". (She has a picture; at that time no biopsy was done.) She refused orthodox treatments and went to Mexico for the Gerson Therapy (at the end of 1986). "I found you and then knew where you were in Mexico, doing the biggest job of all. I knew where to go when I got cancer." She got a good response. After some time, she found it very cumbersome to pick up and carry her distilled water home. Instead, she opted for home delivery of her water. At that time, she worsened. She only discovered later that the 'delivered' water was not distilled. In 1987, since her tumor was growing, she had to have it removed. It was biopsied, and found to be adenocarcinoma. At about the same time, Ella was diagnosed with glaucoma. With the Gerson Therapy, she completely cleared the cancer as well as the glaucoma. She feels that the niacin, especially,

helped to open the ducts in her eyes to reduce the pressure. She needs no medication and has no further problems, no recurrence of her colon cancer.

Last year, she slipped and fell on the ice, had a severe blow on the back of her head that caused a concussion. She landed in the hospital for 4 days but couldn't wait to get home to do the proper Gerson Therapy. Shortly, her doctors were amazed at her excellent recovery—at age 83. At that time, Ella had no more headaches or any other problems due to the fall.

"I feel just fine, and when people talk to me on the phone, they can't believe I am 84; because, they say, my voice sounds so energetic."

Her only problem in 2001 was a somewhat elevated blood pressure. When I talked to her in August of 2004, she had just moved, had family problems and had been off the Therapy for some time. She was recently diagnosed with Alzheimer's Disease. However, this problem, too, can be overcome and cleared with the Gerson Therapy. She promised to go back to it now that her move is over and she can settle down again.

Ella has given us permission to share her contact information. Please contact the Gerson Institute if you would like to contact her.

At the End of the Year Keep the Institute in Your Plans

by Howard Straus

As the end of the year rapidly approaches, now is the time to think seriously about reducing your tax burden by a donation to the Gerson Institute before New Year's.

This past year has been one of incredible challenges, and also phenomenal progress. With the able staff assembled by Anita Wilson, the Institute's Executive

Director, and a supportive and active Board of Directors that again includes Institute Founder Charlotte Gerson, we have met the challenges that have been presented, and used them as opportunities for growth worldwide.

The favorable notice given to the Gerson Therapy by Prince Charles in June of this year (see "A Royal Mention," *Gerson Healing Newsletter*, Vol. 19, No. 5, Sep/Oct. 2004) set our telephones ringing off the hook. The impending clinic near Budapest, Hungary has opened a European front, with more opportunities, and our Mexican clinic, Baja Nutri Care, is full.

Incidentally, our documentary *The Gerson Miracle* has drawn so much attention to the Norwalk juicer that the Norwalk Company has had to increase production and is still backlogged!

After a scurrilous piece on Gerson run by the BBC, many people protested so vigorously that the BBC has allocated a half hour for a broadcast response to be made by Beata Bishop (20 years past her "terminal" melanoma, and author of *A Time to Heal*) and Prof. Michael Gearin-Tosh (ten years after his diagnosis with "terminal" multiple myeloma, and author of *Living*

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Plans ...

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Proof: A Medical Mutiny).

Our documentary has made it into many important hands, and, as those of you who have seen it know, it is a powerful statement of our philosophy and results.

Beyond that, we have had to hire staff to handle the extra load, plus comply with new state regulations regarding privacy and patient records-keeping.

All these new activities, plus the core functions of the Institute of patient assistance, publication, training, hospital supervision, licensing of new facilities in parts of the world remote from San Diego require funds in substantial amounts.

Cancer is on the increase in America and in the world, thanks to the untiring efforts of Big Pharma and the FDA (redundant, I suppose). Our workload continues to grow apace, and though we are in far better financial condition than we were 18 months ago, the Institute still counts very heavily on its members and contributors for support.

Fortunately, that support has been steadily increasing as the activities and effectiveness of the Institute's execution of its tasks becomes more focused and directed, but more is needed.

If you have had a significant gain this year that you would like to offset with a charitable contribution, now is the time to do it. If you can pledge a monthly contribution, it will help the Institute continue to do its important and powerful work. We are blessed to have the dedicated and knowledgeable staff who can offer help and hope to cancer sufferers, and equally dedicated members and contributors who support them. Please consider the Institute in your giving plans this year, and every year.

Thank you for your support and dedication!

Mass Murder ...

continued from page 4

Fosamax® and Ritalin®. Their stories, warnings and severe damage are huge and much too extensive to review in this article. If you are ordered to take any of these drugs, check them out.

Another set of the most serious and dangerous drugs are the anti-depressants. One example is Zoloft®. Looking it up in the PDR, I found *expectable* side effects include agitation, anxiety, constipation, decreased sex drive, dizziness, fatigue, headache, insomnia and nervousness! It also produces bruises, changeable emotions, difficulty breathing and swallowing, and aggressiveness, hallucinations, impaired concentration, paranoia and suicidal thoughts! As if that were not enough (and there are others, too numerous to write up, but the ultimate insult: the anti-depressants also cause worsened depression!

Last year, the *New England Journal of Medicine* revealed that medical drugs, cor-

rectly prescribed and administered, had killed over 160,000 Americans a year.

Is it surprising that the public is showing less and less confidence in their doctor-prescribed drugs? In the pharmaceutical industry? A good 50% of the public is using 'alternative' medical procedures, herbs, acupuncture and more, since their doctors' prescriptions don't help them. Nutrition is always the easiest remedy to find and use.

Thinking about a great gift idea? Why not share The Gerson Therapy, Dr. Max Gerson, or The Gerson Miracle with loved ones this year? They'll love it!

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Codex ...

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developments—and their consequences for the U.S.—over the years. And why we've decided to make a big push in our September newsletters by covering it in-depth.

"Simply put, we're down to the wire, and if we don't act immediately, we will be facing the same fate as Europeans. There are steps you can take to get the word out and, hopefully, to diffuse this ticking time bomb. But first, let's take a few minutes and recount some of the specifics included in the Directive so that you know exactly what it is we're fighting against.

5,000 products set to disappear

"The EU Directive classifies vitamins and minerals in Europe as 'medical drugs' rather than dietary supplements, which means that they're subject to government regulation in terms of dosage and availability. It gets worse: There are many nutrients known to be vital to optimal health that are not on the government's RDA nutrient list including chromium picolinate, lysine and selenium. Under the Directive, these types of supplements are banned from over-the-counter sale. Put simply, it will be illegal to buy them without a prescription.

"The supplements that will be available will be restricted to multivitamins containing no more than 100 percent of the established RDA amounts, which are usually useless, trivial quantities—and they'll be far more expensive than what we have now.

"This Directive, for all intents and purposes, makes it illegal for people to keep themselves healthy by supplementing with essential nutrients.

"Plus, the Directive only allows supplements to be made from a list of 15 minerals and 13 vitamins. That leaves out at least 40 minerals important in human metabolism and forbids the use of the most bio-available forms of vitamin complexes. In essence, it means that all nutritional supplements will be virtually the same—the specific combinations might vary, but the types and amounts of nutrients will be identical—no matter what product they are formulated into. ...

"Approximately 350 supplement ingredients are missing from the list. If they are not added to the list by June, 2005, they will be deemed illegal throughout the European Union. Supplement manufacturers may submit 'technical dossiers' to support applications for the inclusion of individual elements or formulations on the so-called 'positive list.' But the EU has made this process so expensive and time consuming that many manufacturers simply can't afford the costs involved. As a result, around 5,000 safe formulas and nutrients that have been on the market for decades will soon be banned.

Protect your rights with these three steps

There are three actions to take. The most urgent is to **support a case brought by the British Alliance for Natural Health to overturn the European Food Supplements Directive.** In January, 2004, the Alliance's attorneys (a firm which has successfully had another European Directive overturned) won the first round in the High Court of Justice in London; the appeal was 'referred' to the European Court of Justice. Please visit the Alliance's web site, www.alliance-natural-health.org, read about their case, and most importantly, make a donation to support their efforts to protect everyone's supplements, including yours. Even a few dollars will help; a few dollars from each of us will add up. If we can help them overturn this food supplement dictatorship in Europe, it won't ever come here.

"The second action I urge you to take is to **write, call, and e-mail your state's Senators and Congressmen.** Tell your Senators to oppose S.722, the Dietary Supplement Safety Act, and tell your Congressmen to oppose H.R. 3377, the Dietary Supplement Access and Awareness Act. These two bills put the wheels in motion for restrictions similar to those outlined in the EU Directive to become U.S. law, which would be even more threatening to us than just an international code of standards.

"These extremely dangerous and misnamed proposals would allow the FDA to 'roll back' most of the small amount of health care freedom you and I regained

with the 1994 'DSHEA' law we all fought so hard for. Even if we're successful in helping the Alliance for Natural Health defeat the European Food Supplements Directive, if these bills are passed into law, our supplement choices will shrink dramatically anyway.

"**Three:** The final step to take is to **tell your U.S. Senators and Congressmen to support U.S. Representative Ron Paul's H.R. 1146, the American Sovereignty Restoration Act.** This accurately-named (for once) legislation would make the Constitution of the United States the supreme law of the land again, and restore law-making and judging power to our elected representatives and American courts, respectively.

Breast Cancer spread to liver and lymph

Bronwen King

by Charlotte Gerson

Bronwen at age 45, in March of 2003 was diagnosed with 'advanced cancer of the breast, spread to the lymph system and liver. She was told that nothing could be done, but that chemotherapy would extend her life 'a little.' She writes, "I was supposed to be thankful for that—after all, I had a four-year-old daughter—and didn't I want to be with her a little longer?"

Bronwen traveled all the way from Scotland to Mexico to start the Gerson Therapy there. Now, about one and a half years of the strict treatment, and also having a root canal cleared, she is doing very well, has good energy, and is happy to raise her daughter.

While one-and-a-half years survival with liver-metastasized breast cancer is extraordinary and unheard-of with orthodox treatments, we do not consider it a cure. It will take at least another six months to achieve the two year period of healing needed before Bronwen can safely relax the Therapy.