

An Update

The Gerson Therapy

by Charlotte Gerson

An amusing story that keeps (or *ought to* keep) scientists humble is that according to the classical laws of aerodynamics, the bumble-bee with its heavy, stumpy body and short wings should be unable to fly. However, the bumble-bee doesn't know aerodynamics, and it flies very well.

Critics tend to dismiss the Gerson Therapy with a similar, totally unscientific argument: The treatment hasn't changed since Dr. Gerson's death in 1959, while everything else has. "Therefore the Therapy doesn't work any more."

It is true that Dr. Gerson did not have today's high precision technological research tools available in his day, and many of his conclusions were made strictly from clinical observations. He often quoted Kussmaul's Dictum, "The results at the sickbed are decisive." It is totally incorrect to assume that the Therapy doesn't work any more, particularly as today's medicine, with its powerful tools and genetically engineered solutions is producing worse and

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A Patient Story

Wilma Erven: Recovery from Melanoma Spread to the Liver

by Charlotte Gerson

Wilma Erven, a registered nurse, was born in December of 1943. In the early summer of 1996, she discovered that a large mole on her arm was growing. It had started to bleed, and she was unable to stop the bleeding. She went to see an MD in the small town of Delta, Colorado, where she lived and is still living now.

In his office, in December, the surgeon took it off, but he had to "go very deep" — actually to the point where the local anesthesia no longer relieved Wilma's pain. Still, in his report, he stated that he found 'clean margins all around'; however the biopsy also noted that Wilma was suffering from Melanoma Stage IV. Nevertheless, he told her that 'she didn't need to do anything now.'

A short time after the surgery, in February 1997, Wilma felt very poorly, she had much nausea and was weak. Her surgeon then sent her to an oncologist who noted that she had an enlarged liver, but he

claimed that his examination was 'non-conclusive.' Yet her liver enzymes were elevated, and she also had soreness under her left arm.

During the next few months, Wilma felt 'sicker and sicker.' Finally, she went to the UCLA (University of California in Los Angeles) melanoma clinic. There they found spots on her left hip, several nodules which were biopsied, as well as a large tumor in her liver. After a CAT scan and biopsies, it was diagnosed again as melanoma. Meantime, her liver was extremely swollen — and the doctor told her to 'get her affairs in order because she didn't have long to live.'

Already at home Wilma had started to consult a nutritionist and had begun eating organic vegetarian food and taking one coffee enema a day. She was also trying to detoxify her liver with milk thistle. But

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Wilma Erven, 2005

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Dr. Gerson Heals the Sears Family

by Charlotte Gerson

It is an unusual pleasure to run across a patient who was helped by Dr. Gerson – so many years ago. As time passes, it is unfortunately becoming more rare. But Fran Sears' story is extraordinary.

Fran was born in October 1922. She had five sons. One of these, Todd, Fran noticed early on, was having strange problems. He was unable, for example, to turn over in his crib; also his elbow and knees would 'come out of joint' easily and he had to be handled extra carefully. Eventually, when Todd was two and a half years old, his pediatrician referred Fran to a specialist.

This Mayo Clinic trained diagnostician in Kansas City, along with another MD (from the University of Lawrence) whom Fran consulted for a second opinion, suggested that Todd was to come weekly to the clinic for an exercise program. Both the doctors were considered experts in their field. Fran asked whether it would be helpful for Todd to wear corrective shoes in preparation for his eventually, in a few years, going to school. The doctor then said that Todd would probably not survive long enough to attend school!

That is when Fran started to investigate. She was very good friends with Miriam Halliday whose child had been successfully treated by Dr. Gerson for sarcoidosis.

Miriam urged Fran to take Todd to see Dr. Gerson in New York. Fran had previously received some nurse's training and believed that alternative treatments were "quacky." Still, she decided to see Dr. Gerson.

Dr. Gerson examined Todd who by then was just short of three years old. He diagnosed Todd as suffering from "clinical Muscular Dystrophy," caused by the many medications he had received. Todd was not nursed by his mother and had suffered from numerous ailments since birth. When Dr. Gerson accepted Todd as a patient, his mother brought him to the Gerson clinic where Todd celebrated his third birthday.

Fran noted a considerable difference in Todd's physical activity within three to four months. He was able to go up and down stairs and was generally more active. His blood picture also improved. In some seven months, his physical activity was almost normal, and his blood picture was improving slowly. When Todd was six years old, he attended school, but was still on partial Gerson Therapy. By the age of six and a half, he was "essentially normal." – Note: Todd is now 50 years old and in excellent health.

Fran's daughter-in-law, Judy, born in 1959, also recovered with the Gerson Therapy. When she was 14, her doctor said that she had so much scar tissue in her organs that she would never be able to have children. She then married and had two boys. Still, she really wanted to also have girls. At that point, her doctor diagnosed her as suffering from endometriosis and said that her uterus would have to be removed. Judy remembered her mother-

in-law talking about 'diet' in connection with health – and she too went on the Gerson Therapy. In less than a year, she was pregnant and went on to have three more girls!

The good news continues: In 1995, Fran's husband Elmo, then 75 years old, was diagnosed with prostate cancer. Fran bought the Gerson Primer ("Workbook") and worked with a homeopath, who monitored Elmo's blood tests while he was on the full Therapy. Elmo's PSA was normal within a year and he is now, at age 85, totally well. He claims that after three years on the Gerson Therapy he feels better now than he felt at 18 years of age; and his PSA remains at 0.06.

Elmo took no drugs, and had no surgery.

In September 2004 Fran was told that she had Hepatitis B. A naturopath diagnosed a "cancer virus" at the end of November, and a tomography showed breast cancer. Fran had a lipoma under her left arm for some 45 years, but her doctors always told her that this presented no problem. At age 40 she also had hypoglycemia and had a limited ability to consume fruit. Also in September '04, she was diagnosed with age-onset diabetes. We believe that all these ailments will clear with the full Gerson Therapy that she is now using.

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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John Moffitt: Prostate Cancer – Cured over Five Years

by Charlotte Gerson

We hear of recovered patients from others who meet them in the strangest places! One of our patients at the Mexican Gerson Hospital told us about John Moffitt whom they met in Sweden on a boat trip, and who told them about his experience with the Gerson Therapy.

John reported for his regular annual physical in December 1998, at age 57. In the past his PSA had always run at less than 1, but this time, it had suddenly jumped to 7. His insurance company refused to pay for a biopsy, since a result of 7 is not truly indicative of cancer. About three months later, in February 1999, he returned to the doctor for another situation. By that time John's PSA had risen to 9, so a biopsy was done. The biopsy was positive. In a reaction that we can all understand, John 'wanted it out as soon as possible,' so he submitted to an operation. The next day, his surgeon popped into his room and unemotionally informed John that the cancer had metastasized to his seminal vesicles, possibly to his bladder and beyond, and that he had little chance to survive two years. His reading was Gleason 7. Then the surgeon left the room, just as suddenly and unceremoniously.

Aside from the shock, this doctor's manner made John mad! He started seriously to research everything he could find about prostate cancer. He discovered some 15 'alternative' treatment clinics around the world that appeared legitimate, among them the Gerson Therapy Hospital. John asked for more specifics, especially

for patients who had survived some eight years. None of the other clinics would give him any names, using 'patient privacy' as their excuse. But the Gerson Institute gave him the names and phone numbers of five recovered patients who had indicated a willingness to talk with prospective patients, and allowed their telephone numbers to be given out. John called all of them, then, just to make sure, asked if there were more ex-patients he could talk to. They gave him more names, and again John called them all and found the information and recoveries to be accurate as reported.



John Moffitt—recovered prostate cancer patient today.

While he was truly impressed, he had already started the radiation treatment that his doctor highly recommended. At first, the radiation dragged him down, but in July, about halfway into treatment, he started the Gerson Therapy. He got all the details from another patient, also bought her Norwalk juicer, and was serious about the juice preparation, organic food, 'coffee breaks' and the other thousand and one details of the Therapy. The result was that at the end of the 35 radiation treatments, he "felt really good." He had told the laboratory staff about the Gerson Therapy, and they were amazed that he was doing so well. They felt that he should be feeling very poorly! So, to demonstrate his condition, he invited the entire lab staff to an all-day sailing trip on his boat!

John still wanted to do everything right; so at the end of September he came to the Mexican Gerson clinic for three weeks, and there met the Gerson doctors.

When he returned home, he continued the treatment for the next 19 months. Today, five and a half years later, his PSA is 0.

I asked him, to make sure, "Zero, not zero *point* something?" The answer was, "No, zero." John continues close to the therapy, eats all organic, and if he has a day of not feeling very well, does a few days of juicing and coffee breaks and is fine again.

John and Priscilla, his wife, continue to live their dream of sailing around the world slowly. In 2002, they sailed their boat from Florida to Ireland. They spent the past summer in the Arctic Circle off Norway. Next year will find them in the Mediterranean, still eating organically.

John sent us his latest laboratory results. John's PSA is still 0.

"I'm not offended by all the dumb blonde jokes because I know I'm not dumb. . . and I'm also not blonde."

— Dolly Parton

courtesy "Coffee 'n' Carrots"

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.

Fundraiser A Huge Success

Francesca Dego Highlight of Gerson February 19 Fundraiser

by Howard Straus, Editor

On February 19, 2005, the Gerson Institute held its first gala fundraiser for the Charlotte Gerson Health Restoration Center in San Diego, California. (See front page article in Gerson Healing Newsletter, Vol. 20, No. 1, Jan./Feb. 2005) Supporters, patients, hospital staff, Gerson family members and Institute staff came together to create a memorable evening, orchestrated in her inimitable style by Gerson Institute Executive Director Anita Wilson.

Of course, whenever Anita Wilson and the team of hard-working, creative

Institute employees put together an event, the overall atmosphere is an outpouring of love, acknowledgement and respect for Dr. Max Gerson, the originator of the Therapy that is the central purpose of all our efforts, the Gerson family, and the friends, workers, supporters and physicians, near and far who make our work possible, and the most satisfying we can imagine.

The youngest member of the Gerson family present was also the star attraction. Francesca Dego, Dr. Gerson's phenomenal 15-year-old great-granddaughter, and a certified violin prodigy, flew in from Milan, Italy, where she attends the Milan Conservatory, to give a solo violin recital. For her presentation, she chose some beautiful, extremely challenging works by Johann Sebastian Bach, along with three nearly impossible, pyrotechnical *Caprices for Solo Violin, Opus 1*, by

Niccolo Paganini, the famed Italian violin virtuoso. Francesca, known to her family and friends as "Etta," is the youngest violinist ever to publicly perform some of Paganini's works, which he specially wrote because nothing in the existing repertoire was difficult enough for him to show off his incredible talent. The assembled crowd

postage and handling costs.

After Etta's presentation, the group was served a sumptuous, satisfying and healthy feast, lovingly prepared by a highly-trained kitchen staff that included former Gerson patient Yvonne Nienstadt, Gerson Institute staffers Lara Koljonen and Carmella Pingatore and a number of generous vol-

unteers. Delicious apple-carrot juice flowed copiously, hearty Hippocrates soup was served, and the assembled crowd tucked in to their heaped plates.

Although Etta and her mother, Peggy Dego (Charlotte's daughter), flew in from Italy, their travels were matched by those of another visitor, Kyoko Ujiie, a Gerson-

trained health journalist and translator from Japan. George Zaksek, a longtime and generous supporter came from Phoenix to show his support with his wife Carole, son Matthew, brother Bob and sister-in-law. Madeleine Meehan, a cousin by marriage and fine artist, flew in from St. Thomas, USVI, to share the experience and produce a pen and ink portrait of Etta playing the violin. She then contributed the sketch to be auctioned off after the meal, proceeds to benefit the Center.

Our precious Mexican physicians, Dra. Alicia Melendez and Dra. Luz Maria Bravo were there, happily celebrating over a quarter of a century of healing diseases other physicians can only look at as incomprehensible and invincible adversaries. It is a joy to watch dedicated doctors doing what they joined the profession

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The assembled Gerson clan (L to R): John and Corinne ..., Suzanne Brandt, Charlotte Gerson, Francesca and Peggy Dego, Sally and Howard Straus, Madeleine Meehan.

was in awe as the playing of this young, beautiful woman filled the night with spectacular music. Many in the audience were



Anita Wilson, Executive Director of the Gerson Institute, with Kyoko Ujiie of Japan

deeply moved by the experience. As an extra bonus, the music Etta played at the banquet, plus several other pieces, is now available on a CD that may be ordered from the Institute for US\$12.50, plus

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worse medical outcomes at a rapidly escalating cost. The argument is as specious as saying that Newton's Law of Gravity is so old as to be outdated and invalid, and should be ignored.

Those who make such claims are clearly not familiar with the constant and dramatic results that are regularly produced at the Mexican Gerson Therapy clinic. More than 90% of the patients arrive in 'terminal' condition, yet a large percentage improve quickly and many recover completely. One such case was published in the UK's Gerson Support Group's journal, *Coffee 'n' Carrots*, May 2004, issue No. 43.

Bronwen King arrived in Mexico in April 2003, suffering from metastasized breast cancer in the lymph nodes and in the liver. Her doctors told her that her case was hopeless. She reported on her good condition and excellent vitality one and a half years later after using the Gerson Therapy.

Some of the most important documented evidence comes from Japan. Professor Yoshihiko Hoshino, a teaching physician at the Fukushima Medical College in Northern Japan, developed colon cancer in 1992. During surgery to remove an intestinal blockage, it was discovered that he also had liver metastases. Of course biopsies were made. Professor Hoshino attempted four injections of chemotherapy agents only to find that his liver tumors had grown larger. As a Professor of Medicine, he was only too aware that chemo treatments have never resulted in cures of cancer metastasized to the liver. He subsequently found a copy of Dr. Gerson's 1958 book, *A Cancer Therapy: Results of 50 Cases*, that had been translated into Japanese just before 1990. Professor Hoshino followed Dr. Gerson's treatment as described in 1958 and recovered.

In 1998, Prof. Hoshino published a book describing his own recovery from cancer using the Gerson Therapy. In his book, he also describes the cures he obtained treating an additional 12 cancer

cases successfully with the Gerson Therapy during his own treatment.

This case and the Professor's book are of major importance. He not only showed that the Gerson Therapy works, but he proves that the treatment *as published in 1958* is reproducible. That also qualifies the Therapy as 'scientific.' But that is not all: Professor Hoshino has since interested two other doctors who are also achieving success in healing patients suffering from various cancers using the Gerson Therapy. Dr. Hoshino is presently alive and well, 12 years after being diagnosed as "terminal" with liver-metastasized colon cancer. No 'modern,' technological orthodox treatment has achieved such results.

The Gerson Therapy has also been subjected to other tests. To date, nobody has proved Dr. Gerson's conclusions and statements 'wrong.' Every test, every new basic biochemical and nutritional discovery has *confirmed* his conclusions, often based on his observations, 'the results at the sick-bed.'

Dr. Carmen Wheatley, a recognized biochemical researcher, became interested in the basics of the Gerson Therapy. Her very dear friend, Prof. Michael Gearin-Tosh, Senior English Fellow at Oxford University, had been stricken with multiple myeloma. His doctors urged him to take chemotherapy to extend his life (no cure was promised), but he took the time to research this treatment further. He rejected 'modern, technological' chemotherapy in favor of using the nutritional therapy of Dr. Gerson. Far from what chemotherapists promised, namely a *possible* one to two years' survival, he is in good active health and has now survived his prognosis by 10 years.

Dr. Wheatley was impressed and researched the nutritional content of the Gerson Therapy. She found that, apparently intuitively, Dr. Gerson had selected most of the foods for his Therapy that today, some 50 years later, have been shown to have anti-cancer properties. Dr. Wheatley's detailed report is available as an appendix to Professor Michael Gearin-Tosh's own delightful book, *Living Proof: A Medical Mutiny*.

Another cancer researcher, Dr. Peter Lechner, of the 2nd Surgical Division at the County Hospital in Graz, Austria, was interested in the Gerson Therapy and spent some time at the Mexican Gerson Therapy hospital to study it further. He was highly impressed and continued his research upon his return to Austria some 15 years ago. He described the amazing effect obtained with the coffee enemas of the Gerson Therapy, their dramatic effect of raising the glutathione S-transferase enzyme by some 700%, helping to detoxify the liver. Dr. Gerson was aware of the surprising effectiveness of the coffee enemas, originating during WWI in Germany—but was not able to measure this effect. Again, all present research only confirms and explains Dr. Gerson's observations of some 50 years ago.

Another critique often leveled at the Gerson Therapy is that it is "impossible" for one treatment to produce recoveries in a large number of diseases. Today's researchers, trained largely as specialists, work only with one disease, or even one aspect of a disease. Furthermore, they consider their method as thoroughly scientific. The problem is that chronic, degenerative diseases, no matter what their origin, are by definition "incurable." Specialization is actually counterproductive, as most of these diseases are multifactorial in origin.

Early on in Dr. Gerson's work, he found that when he treated advanced lung tuberculosis patients successfully, other ailments from which they suffered also disappeared. As a classically trained physician, this impressed him: some of his severely ill tuberculosis patients also suffered from asthma, allergies, kidney disease, high (or low) blood pressure, etc. Yet, when they recovered from their lung tuberculosis, these other diseases also disappeared. That is when Dr. Gerson understood that his Therapy was not just curing a disease, it was in fact restoring the body's innate ability to heal itself, the immune system and all its defenses. Once the immune system had been restored, all the diseases disappeared.

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Dr. Gerson subsequently understood that his treatment was "Restoring the Body's Own Healing Mechanism." We still see today, with the application of the Gerson Therapy, that it is impossible to heal selectively, that is, to truly heal one disease or set of symptoms while others remain. We often see patients recover simultaneously from advanced cancer, high blood pressure, chronic migraines, diabetes, and whatever else ails them. Since orthodox drug treatments are unable to achieve such results, doctors have not been trained to understand the underlying basis of metabolic treatment. They can only suppress symptoms and "make the patient comfortable" without being able to cure him.

One of our long-term recovered ovarian cancer patients had a typical account of the body's slow deterioration into cancer. When she was in her mid-twenties, she began to suffer from depression that was treated with modern anti-depressants. In time, her symptoms worsened and she started to suffer panic attacks. With more drugs, these attacks became so severe she was unable to be alone in a room, unable to go into the street, drive—in other words, she became non-functional. Then her health became worse yet: she developed kidney cysts and diabetes through her thirties. Finally, at 42, she was diagnosed (biopsied) with ovarian cancer.

Her family knew of the Gerson Therapy and though her doctors urged her to submit to chemotherapy, she refused and did the Gerson treatment. In less than 16 years, her ovaries were clear, her diabetes

had disappeared, her depression and panic attacks were a thing of the past, and her kidneys were clean. She was able to go out, drive, find a job, and enjoy company. She even met a nice gentleman and married. However she told us of three of her women acquaintances who were diagnosed with ovarian cancer at the same time as she was. These three women chose to be treated with chemotherapy: all three are dead. The longest one survived only nine months. The Gerson patient, on the other hand, is now recovered for 106 years!

Frank Gill, with a very different disease, tells a similar story. Frank arrived at the Gerson hospital in Mexico in March, 2003, suffering from a long list of problems: severe sleep apnea (cessation of breathing during sleep) pulmonary heart disease, diabetes, high blood pressure, gastric ulcers, gastro-esophageal reflux disease, chronic headaches, chronic fatigue, insomnia and depression. (His own list.)

Three months before his arrival in Mexico, when Frank had gall stones removed, his doctor told him that he suffered from a 'fatty liver,' and probably had only a few months left to live. He had undergone a triple bypass operation in 2000—and—well, he tried Viagra unsuccessfully, even though he tried a double dose (which could have killed him). That didn't work, either.

Now, 17 months later, *all his problems are gone*, he has great energy, and, according to his own report, doesn't need to even *think* about Viagra anymore.

Yet another patient, Bill Schickel, Case No. 18 in Dr. Gerson's book *A Cancer Therapy: Results of 50 Cases*, reportedly asked Dr. Gerson if he could cure him. at age 32, Bill suffered from retro-peritoneal lymphoma, very aggressive, inoperable and as he could not be radiated, had been given two months to live. In response to his question, Dr. Gerson said, "I cannot cure you; but if we can restore your body, it will heal you." I just heard from this former patient's nephew last week: Bill is very well, active, and is now 85 years old. He is obviously cured.

The body heals, not doctors. The key is to restore the body, rebuild the body's defenses and its ability to heal. This produces long term health, prevention of disease, and—we jokingly add—the side-effects are excellent physical and mental energy!

From the Mailbag:

John Foumakis, Lung Cancer

by Howard Straus

Two weeks ago, we received an email from Australia. It is interesting on several counts. John had been telling us about his lung cancer, treated on "Gerson," but without supplements!

Dear Howard,

Regarding the tumor, I am not so sure that it would be considered a good case study simply because the biopsy was not successfully performed. However I will outline briefly the circumstances which eventually led to the outcome via the Therapy and if you feel it is worthy of the *Newsletter* then I will gladly elaborate.

Essentially but respectfully I did the Therapy because the thoracic surgeon was a very arrogant individual, who basically laughed when he saw fear on my face. He initiated the biopsy via a radiologist and after many unsuccessful attempts I was sent home and told if I felt discomfort breathing to come back. That night my lung collapsed and the other lung also started to collapse, so was rushed back to hospital. They inserted a pneumothorax tube via a hole in my chest with a valve to allow my lung to expand. Blood tests were conducted and the results during this period were good and appeared normal in the expected ranges. There was an abnormally large amount of blood in my urine and a kidney biopsy was suggested but refused after my lung collapsed.

During this short stay in hospital, a cancer care center close to my home had a guest speaker who had visited your clinic in Mexico and spoke of his progress. My brother ... suggested I go and hear him speak. Against the advice of the respiratory physician (who was a total gentleman and earlier concluded the tumor was highly suspicious), I left the hospital to hear the speaker and became convinced that it would be better to do the Gerson Therapy at home. The routine of enemas and food was strongly adhered to but I did not take

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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!

Fast-Food Documentary Heading to Schools

by Noreen Gillespie

HARTFORD, Conn. - What happens when a man eats nothing but McDonald's food for 30 days? It's a lesson that schoolchildren across the country are about to find out.

Morgan Spurlock, director and star of "Super Size Me: A film of epic proportions," is releasing an edited version of the film for classrooms. The school version of the Academy-Award nominated film is scheduled to be released after the Feb. 27 Oscars ceremony.

To Spurlock, schools are the perfect place to teach nutrition.

"We'll never make every parent a perfect parent. It won't happen. But I really believe we can make every school really close," Spurlock said, while in Connecticut at a forum on childhood obesity Thursday.

The film chronicles his deterioration during the experiment, measuring his bulging belly, soaring cholesterol, depression, lack of attention and sexual dysfunction, which he edited out for the school film.

The 34-year-old filmmaker gained 25 pounds during the monthlong feeding frenzy, prompting his doctor to beg him to stop and declare in disgust that his liver had become pate.

The school DVD is targeted for grades six through 12. It contains sample lesson plans and bonus interviews with nutritionists and doctors. Spurlock also said that he is working with foundations to underwrite the cost, so that cash-strapped school districts can get it for free.

Spurlock is now fit and trim again thanks to a thorough detoxification diet designed by his vegan fiancée, Alex Jamieson. But the film's popularity—it was the second-highest grossing documentary in 2004—has set him on a nationwide tour of colleges and high schools to speak about childhood obesity.

The film is critical of the fast-food industry for targeting advertising to children. But it also is critical of some schools

for making junk food like ice cream, candy, chips and soda available for lunch. One scene shows students ordering nothing but french fries, soda and candy as their lunch, while lunch workers say the food is there because children need to learn to make the right choices.

Combined with cuts to gym classes and reduced health education in schools, Spurlock believes schools are teaching kids to be obese.

"We're educating kids in the classroom, but we're abandoning them in the lunchroom," he said.

State Rep. Mike Cardin, a social studies teacher at Tolland High School, said his school has shown the documentary to its health classes.

"The influence of the food companies on the students' lives is so profound, it's something they can relate to," said Cardin, D-Tolland.

Though Spurlock said he thinks he has a good chance at winning the Academy Award, his roller coaster year has been reward enough. He also has a book and a TV series debuting later this year. But the real prize is getting the chance to influence schools, lawmakers and others to change eating habits, he said.

"To me, this is an Oscar," he said.

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A short history of Medicine

- "I have a sore throat."
- 2000 BC - "Here, why don't you eat this root?"
- 1000 AD - "That root is heathen; say this prayer."
- 1850 AD - "That prayer is superstition; you must drink this elixir."
- 1940 AD - "That elixir is snake oil; swallow this pill."
- 1985 AD - "That pill is ineffective; take this antibiotic."
- 2005 AD - "That antibiotic is artificial. Here, why don't you eat this root?"

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Mailbag ...

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any digestive enzymes, potassium, etc.

A dear friend who is a radiologist insisted I have three scans of the area, and in less than three months the tumor had cavitated and shrunk very considerably. The lower back and side pains that I initially experienced also disappeared. Unfortunately the tumor did create a large area of emphysema. Blood tests and urine analysis were carried out and all were normal except GGT was elevated.

I requested the three CT scans from my radiologist friend (whom I trust) and who also witnessed the transformation but [the scans] had disappeared! Perhaps conveniently.

I have enclosed a picture of the origi-



nal X-ray. If you look at the left lung lower lobe you will see the tumor quite clearly. Because I was experiencing night sweats and referred pains at the time, you will notice that there are a number of circular spots where they attached sensors to assess whether my heart might have been the cause.

Again I thank you. There is a very strong awareness of healthy eating [in Australia], Howard. It seems to be growing annually but many people are misinformed and will not compromise after they have been indoctrinated with advice or exposed to literature from many of the so called experts.

Yours truly,

John (the Greek) Founmakis

PS: We went to family friends child's christening two weeks ago and the young girl who was center of attention was christened Charlotte Joanna.

Wilma Erven, Melanoma ...

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these efforts were not enough to help her.

Finally, by accident while shopping in another town, Wilma met a lady who gave her an article from *Prevention Magazine* that contained a story of a melanoma patient who had done the Gerson Therapy and recovered. Wilma obtained some information and tried to do the Gerson Therapy as an out-patient. But she found it wasn't possible.

In July of 1997, she attended the Gerson clinic in Sedona for one week and then went home. She felt quite certain that she would be able to do the Therapy at home as well as go to work. She found out soon enough that this was impossible, and she just became very sick. By October, she had many more tumors; the one under her left arm was the size of a golf ball and was growing. She also had a peritoneal one just above her belly button. She finally realized that she needed to take care of herself and stay home to do the Therapy right, with rest! For six months she stayed on the full intensive therapy, exactly – and felt better.

After that time, she would go to work for a few hours every other day. She did everything right but pretty soon, she was overworking and, as a result, had a set-back! At that time, she developed a tumor under the nail of her big toe – which she knew was a very serious sign of trouble. Her doctor literally shouted at her that she needed to have her toe amputated or she would die. She refused and instead went for one week to the Gerson hospital in Mexico and again did the program faithfully.

In 2005, she had a bout of discomfort and pain in her liver after spending much time taking care of her mother and not of herself. She also showed a rise in some liver enzymes which tended to show bone loss. But an ultrasound test showed that she had no new tumors in her bones, only a case of osteoporosis. This

cleared with more juices and better care to the point where a new scan in 2004 showed an increase in bone density.

Wilma is certain that her faith, her belief system, intensive prayer ("big time") all contributed heavily to her recovery.

Wilma lives in a very small community where everybody knows everybody. She also regularly runs across the doctor who screamed at her about amputating her big toe with the melanoma tumor under its nail. If she didn't, he shouted "You'll die, you'll die!" Now, whenever she runs across him, he claims that the 'black spot under her toe nail' must have just been from a 'stubbed toe.' Yet he was urging her to have her toe amputated. Criminal? Disregarding her history of melanoma?

As the years progressed - there were three more cases of melanoma in her town. With everyone knowing everyone, these patients all knew Wilma. When speaking to their doctor, who was also Wilma's surgeon, they were told "Don't do that Mexico thing it will kill you!" Unfortunately, they did not do the 'Mexico thing' and now are all dead, while Wilma is doing well and working.

The Political Consequences of Meat Eating


by Charlotte Gerson

In his fascinating new book, *The China Study*, Dr. T. Colin Campbell (ISBN 1-932100-38-5; Benbella Books, 6440 N. Central Expressway, Suite 617, Dallas, TX 75206 Copyright 2004 by T. Colin Campbell) along with very extensive studies on the damage done by animal proteins, reports a dialogue taking place between Glaucon and Socrates some 2,500 years ago. It is terrifying how precisely Socrates predicted the political and social (not to mention medical) consequences of eating meat.

The Consequences

Plato quoted Socrates as recommending that citizens should eat a 'simple' diet of vegetables, grains, some olives and fruit. Thereupon, Glaucon reportedly responded that

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Fund Raiser ...

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to do: heal. The steadfast and dedicated work these two women and their highly-trained staff have done over the years has enabled the Institute to carry on its work, and has been a life-saver for thousands of patients worldwide.

Award-winning cinematographer Stephen Kroschel ("The Gerson Miracle") flew down from Alaska to document the event and to take advantage of the opportunity to film the rare collection of normally widely-scattered Gerson family for his next feature film, "Gerson's Light," based on the biography *Dr. Max Gerson: Healing the Hopeless*.

Though he did not come the furthest, his arrangements were probably the most unusual: he had to wrestle a pregnant caribou into a horse-trailer and drive hundreds of miles

to Anchorage before he could load his dozen cases of camera equipment on Alaskan Airlines for the flight south!

There was a contingent also from Norwalk Juicers, including

Richard Boger, his wife Summer, and his able associate Gisela Sommer. It is *impossible* to overstate the deep, decades-long generosity of these lovely people towards the Gerson Institute, its staff and above all, its patients. These great and good friends once again showed their steadfast devotion for helping further the Gerson cause.

After the meal, Anita rose to acknowledge the contributions of the assembled group, and to honor Charlotte Gerson for her lifetime of heroic work bringing her father's incredible gift of healing to the world. Several others of the assembled group stood to add their praise and admiration as well. In the nearly half-century of carrying

the effort forward, Charlotte has worked against incredible opponents, often almost alone, performing every task that was necessary, from lecturing overseas to book-keeping, shipping to writing articles and books, negotiating trademarks to training physicians, making rounds at clinics, visiting patients, pressing juice or instructing

kitchen staff. Whatever the task that was required, Charlotte was more than equal to it. Today, with half a million of Dr. Gerson's books in circulation, and a rising number of her own, with an Institute, a clinic, a worldwide presence, a prize-winning documentary, a training program for physicians, another for caregivers, and an ever-widening circle of supporters, it is easy to forget that for 15 years or more, Charlotte Gerson labored almost completely alone to provide the underpinnings of this enterprise. No honor is sufficient to reward her efforts, yet we do try.

In recognition of this event, the Institute received its first grant from the San Diego Foundation. Support from Richard Franklin, Price Charities, Weingart-Price Fund made this grant possible.

When the Charlotte Gerson Health Restoration Center is built, staffed and in

operation, it will be a fitting tribute to this humble, unassuming giant of the Gerson movement, and to her brilliant father, Dr. Max Gerson.

Meat Eating ...

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such a diet would only be appropriate for a "community of swine," and that modern citizens should have the "luxury" of eating meat. Socrates countered that it would take great quantities of all kinds of cattle... Glaucon agrees; upon which Socrates says, "Then shall we not



Francesca DeGo, Dr. Max Gerson's great-granddaughter, violinist extraordinaire



Supporter George Zaksek's bid won Madeleine Meehan's portrait of Francesca

Francesca's Concert Stunning CD Now Available

by Howard Straus

The powerful and intricate violin pieces that Francesca DeGo performed at the Benefit dinner, plus other works by Prokofiev and Debussy, are now available from the Institute on a CD for only \$12.50 plus shipping (and sales tax in California).

Included in this stirring collection are the following compositions for violin:

J. S. Bach: Partita No. 2 in D minor for Solo Violin, BWV 1004

Paganini: From the 24 Caprices opus 1 for Solo Violin, Caprices #9 and #15

Prokofiev: Five Melodies for Violin and Piano, opus 35bis

Debussy: Sonata for Violin and Piano

In all, Dr. Gerson's virtuoso great-granddaughter plays nearly an hour of violin fireworks on her museum-quality violin. If you missed the dinner, or if you attended the dinner and loved Etta's playing (as many have told us they did), her first CD is a collectors' item you will want to own and listen to time and time again.

Send away for yours, now!

experience the need of medical men also to a much greater extent?" Glaucon can't deny it.

Socrates carries on: "This luxurious city will be short of land because of the extra acreage required to raise animals for food. This shortage will lead the citizens to take land from others which could precipitate violence and war. ... When dissoluteness and diseases abound in a city, are not law courts and surgeries opened in abundance, and do not Law and Physic [Medicine] begin to hold their heads high, when numbers even of well-born persons devote themselves with eagerness to these professions?" In other words, in this luxurious city of sickness and disease, lawyers and doctors will become the norm.

—Williams, H. *The Ethics of Diet. A Catena of Authorities Deprecatory of the Practice of Flesh-Eating*. London: F. Pitman, 1883.