

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

Vioxx® Deaths Hit Home

Dr. Gerson's Patient Dies

by Charlotte Gerson

Edmund Braun died May 21, 2004, age 79. He had been Dr. Gerson's patient in New York in April 1956 (See *A Cancer Therapy: Results of 50 Cases*, Case No. 11; also *Healing Prostate & Testicular Cancer — the Gerson Way*, p. 6). Ed was directly exposed to atomic radiation while in the Army during WWII. A short time after that, aged 30, he, along with a number of other veterans, developed testicular cancer that, in spite of huge amounts of additional radiation treatment, spread to his lungs and lymph system. He was sent home to die, but against the advice of his local physician, Ed traveled to New York to Dr. Gerson's clinic. His local doctor warned Ed to "guard your wallet carefully." Ed, however, was impressed with Dr. Gerson's modest charges.

With his wife's great help and devotion, Ed recovered. Even his severe X-ray burns cleared up and he was in good health for many years. In December of 2004, his wife, Rita, wrote us, "Ed had been very healthy, but he developed some arthritis."

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Severe Shoulder Injury Heals

Letter to America

by Susan Allshorn (with apologies to Alistair Cook)

Dear Charlotte, Beata and Howard,

You asked me to put pen to paper and share how the Gerson Therapy® had healed my shoulder. So, are you sitting comfortably?

As I briefly mentioned in the August 2004 issue of *Coffee 'n' Carrots*, three years ago I 'bounced' down a mountain in Skye. The doctor who later interviewed me raised an eyebrow at the word 'mountain.' He was from Pakistan. Compared to the Himalayas, it was the wrong word.

From the bruises and the injury I think 'bounced' was also the wrong word. Some fool had left a lot of rocks lying around on that mountain and I hit most of them. The damage was "The equivalent of a motocross rally driver coming off his bike at 250 mph and slamming into a solid object."

No bones were broken, but the shoulder

was badly dislocated, rotator cuff torn through 260 degrees, biceps muscle dislodged from its anchor, and the axillary nerve severed so that there was no nerve supply to two-thirds of the deltoid muscle. Without the deltoid muscle it is not possible to lift the arm

more than ten degrees from the body. An artery was severed, but fortunately the twisting of the muscles sealed it, so I survived the fall itself. I still only have two thirds normal circulation in that arm, as the artery could not be repaired.

NHS delays meant that it was 8 weeks before the above was recognized, and 8 hours' surgery followed by 18 months of waiting to see what—if any—nerve regrowth could be achieved. Nerves have to be re-connected within 7-10 days for there to be a chance of full recovery. At the end of this I still only had about ten degrees of lift, the

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Susan Allshorn

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Aspartame®, "Nutrasweet," "Equal," "Spoonful"

The Poison in Over 5,000 Products

by Charlotte Gerson

The patents on the artificial sweeteners, NutraSweet, Equal and Spoonful, all made from Aspartame, have run out. Still, to date, the manufacturer, Monsanto, has managed to have it incorporated into some 5,000 food products.

The information contained in this article is taken from one written by Nancy Marle, who not only gave us permission to reprint and distribute it further, but urges everybody to do so. Nancy spent several days lecturing at the World Environmental Conference on Aspartame. The problems are so tremendous and frightening that it will take some time to enumerate them all.

One major indication is the recent epidemic of "multiple sclerosis" and "systemic lupus." In a keynote address by the EPA (Environmental Protection Agency) there was an announcement that there was an epidemic of the above diseases and that they did not understand what toxin was causing it to be widespread throughout the United States. This is the reason: when one of the products of Aspartame, (NutraSweet, Equal, and Spoonful) is used as a sweetener, and the product's temperature exceeds 86 degrees Fahrenheit, Aspartame breaks down into wood alcohol (methanol). For decades, consumers of

alcohol and alcoholic drinks have been warned about substituting wood alcohol for alcoholic drinks because it is poison and, among other problems, can cause blindness and death. Methanol breaks down further and converts to formaldehyde. [Formaldehyde is made by oxidation of methyl alcohol. It has been shown to be a carcinogen and causes irritation of throat, respiratory and gastro-intestinal tracts and central nervous system, causing vertigo, stupor, abdominal pain, convulsions, unconsciousness and renal (kidney) damage] Formaldehyde is grouped along with substances such as cyanide and arsenic: "deadly poisons." Methanol toxicity mimics multiple sclerosis, especially with Diet Coke™ and Diet Pepsi™ drinkers. Probably due to the irritation, victims increase their consumption of the drinks, often to three or four 12-ounce cans per day or more.

Nancy Marle goes on to say that in cases of systemic lupus, triggered by Aspartame, the victim doesn't know that this is the culprit and continues its use. As a result, in some cases the lupus has become life-threatening. When victims stop the use of Aspartame, they often become asymptomatic; yet the disease is NOT reversible by known treatments. The problem is worse for people diagnosed with multiple sclerosis when, in fact, the disease is methanol poisoning. Many of their symptoms disappear, even in some cases vision and hearing have returned. Yet people suffer from fibromyalgia, spasms, numbness in legs, cramps, vertigo, headaches, tinnitus, joint pain, depression,

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anxiety attacks, slurred speech, blurred vision and memory loss.

A hospice nurse told the author that six of her friends, all heavy Diet Coke addicts, had all been diagnosed with MS. In spite of three Congressional Hearings on Aspartame, when it was included in 100 different products, nothing has been done. The damage to brain activity and all kinds of neurological problems includes seizures. It also changes the dopamine level, worsening Parkinson's Disease which is a disturbance and/or lack of brain dopamine. Aspartame also causes birth defects.

As in so many cases of drugs, Aspartame causes an effect contrary, or opposite to that which is desired. People use the "diet" drinks and many other products because they think that it will help them enjoy food without causing an increase in weight. That is not the case. The Congressional record notes that, "[Aspartame] makes you crave carbohydrates and will make you FAT." Dr. H. J. Roberts, diabetic specialist and world expert on Aspartame, has also written against the use of Aspartame entitled, *Defense Against Alzheimer's Disease*. (1-800-814-9800) He observes that when he got patients off Aspartame, they lost an average of 19 pounds. In his book, he also tells how Aspartame poisoning is escalating

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Publication Schedule

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

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

GERSON® HEALING NEWSLETTER

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Please address all letters and comments to:

The Gerson Institute
1572 Second Avenue
San Diego, CA 92101

((619) 685-5353 fax: (619) 685-5363

e-mail: mail@gerson.org

URL: <http://www.gerson.org>

Anita Wilson, Executive Director
Carol Beard, Dir. Professional Services
Bonnie Marsh, Consultant
Nan Southern, Client Services
Barbara Conde, Client Services
Barbara Garcia, Client Services
Lara Koljonen, Chef
Carmella Pingatore
Jamison Reisbeck, Shipping & Receiving

NEW INITIATIVES, A JAPANESE CLINIC, AND THE INTERNET

We are still basking in the overwhelming success of our recently completed Caregiver Training Class here in San Diego. We had 15 participants from as far away as Tokyo, the Ukraine, and Mexico, in addition to good representation across America. There were many emotional moments over the weekend as the students and staff extended extra care to two patients and the wife of another patient in the group. There is such interest in this course that we will be creating an on-line Gerson University so that it can be offered worldwide at any time. Additionally, we have a newly created "Caregiver Internship" program and will have our first two volunteers in residence this weekend. They will get hands-on experience, setting up the kitchen, planning and

preparing meals, providing juicing to our "mystery patients," and the dozens of other details of the Therapy.

Charlotte Gerson and Carol Beard outdid themselves with vitality and humor and kept the participants hanging on to their every word.

We are thrilled to announce that we are making great strides toward the opening of a small clinic in Japan. We have an impressive trio who have completed the preliminary background information, met with us several times in person, started the formal training requirements (this is the most important requirement), have secured a beautiful piece of property and are remodeling the space to meet our specifications, and have paid the pre-application fees. We will give you an update in

the next *Newsletter*.

The Gerson Institute has been awarded a grant by the Alternate Health Decisions Foundation, Inc. of Fredericksburg, Texas. The grant will fund a full-time grant writing and fundraising person for a year. We are currently recruiting for this position and interested applicants may contact me at the Institute.

We also are recruiting new Board members. Please contact cbeard@gerson.org for information on our needs and requirements.

Will we ever have *great news* for you in July ... but it must be kept secret for now.

Be Healthy and Happy,

— Anita

Aspartame Poisoning ...

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Alzheimer's Disease. One hospice nurse also observed that women are being admitted at 30 years of age with this disease.

Aspartame is especially deadly for diabetics. All physicians know what wood alcohol will do to a diabetic. These patients develop vision problems (retinopathy). The Aspartame keeps the blood sugar level out of control, causing many patients to go into a coma. Many have died. People reported at the conference of the American College of Physicians that they had relatives, diabetics, who switched from saccharin to an Aspartame product, and that the person had gone into a coma. Their physician was unable to control the blood sugar. The patients suffered acute memory loss, eventually coma and death. The products of Aspartame are neurotoxic, but go past the blood brain barrier and break down the neurons in the brain. Dr. Russell Blaylock, a neurosurgeon, said, "The ingredients of Aspartame stimulate the neurons of the brain to death, causing brain damage of varying degrees." Dr. Blaylock has written a book entitled,

Excitotoxins: The Taste That Kills. (Health Press, 1-800-643-2665)

Doctors have also reported that "we are talking about a plague of neurological diseases, including manic depression, panic attacks, rage and violence."

With all this available information, books, lectures, conferences, and even congressional hearings, it is safe to assume that Monsanto, the manufacturer of Aspartame, knows how deadly it is. Yet, they fund the American Diabetes Association, the American Dietetic Association, Congress, and the Conference of the American College of Physicians. There have been a total of three Congressional Hearings but *nothing was done!*

The *New York Times*, on November 15, 1996, ran an article on how the American Dietetic Association takes money from the food industry to endorse their products. Therefore, they cannot criticize any additive or tell about their link to Monsanto. Nancy Markle reports that she told a mother whose child was on NutraSweet to get the child off the product. The child was having grand mal seizures every day. The

mother called her physician, who called the ADA, who told the doctor not to take the child off NutraSweet! The child continues having seizures.

Aspartame Disease is partially the cause of what is called "The mystery of the Desert Storm health problems." Several thousand pallets of diet drinks were shipped to the Desert Storm troops. They sat in the 120° F. sun for weeks while the Aspartame broke down into methanol and formaldehyde. Our servicemen and -women drank them all day. Their symptoms are identical to Aspartame poisoning.

Dr. Luis Elsas, Pediatrics Professor - Genetics, at Emory University testified before Congress that, in his original lab tests, animals developed brain tumors from Aspartame. When Dr. Espisto was lecturing on Aspartame, one physician in the audience, a neurosurgeon, said, "when they remove brain tumors, they have found high levels of Aspartame in them."

There is an excellent replacement product on the market: Stevia, a sweet herbal food, not an additive, which actually helps the sugar metabolism and which is

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Overuse and Dangers of Ritalin® for Hyperactivity in Children

by Charlotte Gerson

In Spring of 1997, we became aware of the extensive use of Ritalin to control 'hyperactive' children of school age. At the time, we published a short article, subtitled "The Drugging of American Children" (*Gerson Healing Newsletter*, Vol. 12; No. 3, May/June 1997). In the meantime, the use of Ritalin has vastly increased, and millions of American children are on this dangerous and addictive drug.

Howard Straus sent me an item found on the Internet, under "Eagleforum", which informs that "The use of Ritalin dashes hopes of young men and women to serve in the armed forces. All branches of the military are rejecting hundreds of potential enlistees who have used Ritalin or similar behavior-modifying medications, very serious mind-altering drugs." The armed services' health standards have been lowered considerably since WWII; or they would be seriously lacking in recruits. But in view of the above, consider the seriousness of schools and daycare centers enrolling children in drug treatments as young as two and four years old, often on the word of the preschool teacher!

Checking the PDR (Physicians' Desk Reference which lists and describes all drugs on the market for use by physicians) the first warning is that Ritalin (chemical name: Methylphenidate hydrochloride) "should not be used in children under six years, since safety and efficacy in this age group have not been established. Further, suppression of growth (i.e. weight gain, and/or height) has been reported. In children, loss of appetite, abdominal pain, weight loss, insomnia may occur. Patient requiring long-term therapy should be carefully monitored. Symptoms of visual disturbances have been encountered."

An additional warning: Ritalin is highly addictive. After learning of the extreme

dangers associated with Ritalin use, a parent may decide to take the child off this drug. Ritalin withdrawal has resulted in suicide attempts and successful suicides, according to the American Psychiatric Association. "The effects of the drug may be cumulative within the brain so the onset of adverse reactions such as suicidal thinking may be sudden and occur without warning." (Dennis H. Clarke, on the Internet under drugkids) At this time, over 2 million American children are on Ritalin.

In the March 6th, 2000, issue of *U.S. News & World Reports*, the cover story is on "The Perils of Pills - The psychiatric medication of children is dangerously hazardous". At the end of February 2000, the *Journal of the American Medical Association (JAMA)* stated that the number of 2 to 4 year old children on Ritalin and other antidepressants had increased dramatically from 1991 through 1995. *U.S. News and World Reports* in the same article, by Nancy Shute, Toni Locy and Douglas Pasternak, continue, "According to the surgeon general, almost 21 percent of children age 9 and up have a mental disorder, including depression, attention deficit, hyperactivity, and bipolar disorder." Julie Magno Zito, an associate professor of pharmacy and medicine at the University of Maryland—Baltimore and lead author of the JAMA study, says "The fact that there are such dramatic increases [of the disorder in children] means that something is changing. Why?"

Certainly, something is changing. All the articles written on the subject (and I have a large number of them) mention an underlying "biochemical disorder" of the brain. But only one doctor has experimented with simply supplementing children with vitamins and minerals. In his practice, more than 85% of the 'hyperac-

tive' kids became normal and manageable with just these nutritional supplements. Other nutritionally oriented doctors have gone further: stop the high sugar intake, says Marnie Ko, editor and publisher of *Nurturing Magazine*, in *Alive* (Canadian Journal of Health and Nutrition, #191, September 1998). She quotes Diane McGuinness's chapter in *The Limits of Biological Treatments for Psychological Distress*, "There is no convincing evidence that medications help learning or attention problems." In all the regular articles, Ko continues, there is no discussion of the processed, sugar-laden, chemical and artificially-created foods that are fed to millions of children in North America every day. In the absence of any neurological and psychological proof showing abnormality in the brain causing these so-called deficits, the drug (Ritalin) has arrived on the scene. We, as a nation are drugging children to manage them, to make them conform quietly, to make the teacher's school days ... more manageable."

Thomas S. Szasz, MD, professor of Psychiatry, states, "labeling a child 'mentally ill', is like hanging a sign around his or her neck, saying "GARBAGE; take it away."

What is Ritalin? Dennis H. Clarke writes in his article on Psychiatry (Internet) that "Ritalin is one of the most dangerous and addictive substances known to man. Its effect is chemically and neurologically equivalent to cocaine or the amphetamines. Ritalin is more potent than those drugs, and its effect lasts longer. Over the past five years, injected Ritalin has become the number one heroin substitute in North America. It is now being found in use by the "street" addict all over Europe.

One of the most horrifying articles is also from the Internet. Psychiatrist Peter R. Breggin, M.D. of Bethesda, MD, in a

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Gerson's Patient Dies ...

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For pain relief, and before a great deal of publicity was made available about the dangers of Vioxx, Ed took this dangerous drug on the advice of his physician—and sure enough, “a blockage developed in his right leg and his walking was difficult. The doctors were going to replace the veins in that leg but they found that he [also] had heart problems. He had open heart surgery. —More problems arose: he had a massive blood clot in his chest and then his kidneys gave him still more problems.” All these clots and symptoms, as we have since found out, are caused by Vioxx!

“Ed put up a good fight but at last was very tired and weary. He slipped away peacefully around midnight between May 21st and 22nd.”

We are very sad about Ed's passing and we hope that some of our recovered patients learn from this event. I feel that the whole problem came up because he developed arthritis—which is totally avoidable. It is almost always caused by the consumption of animal proteins! It should not happen when people stay close to the Gerson Therapy. Also, as usual, the original problem is not life-threatening; the doctors' treatments are.

Ritalin Dangers ...

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News Release, gives this account, titled, “Psychiatrist Discloses Ritalin's Hidden Dangers to Children.”

Dr. Breggin is the Director of the International Center for the Study of Psychiatry and Psychology and is an associate faculty at the Johns Hopkins University Department of Counseling. He published a book, *Talking Back to Ritalin* (Common Courage Press, 1998) in which he documents the many scientific studies that have been ignored by Ritalin advocates.

“Ritalin does not correct biochemical imbalances—it causes them, Dr. Breggin states, and adds, “there is some evidence that it can cause permanent damage to the child's brain and its function.

“Pediatricians, parents, and teachers are not aware of these hazards because a large body of research demonstrating the ill effects of this drug has been *ignored and suppressed* (emphasis added) in order to encourage the sale of the drug. (!)

“Damaging effects of the drug can include:

- Decreased blood flow to the brain, an effect recently shown to be caused by cocaine where it is associated with impaired thinking ability and memory loss.
 - Disruption of growth hormone, leading to suppression of growth in the body and brain of the child.
 - Permanent neurological tics, including Tourette's Syndrome
- Addiction and abuse, including withdrawal reactions on a daily basis
- Psychosis (mania), depression, insomnia, agitation, and social withdrawal
 - Possible shrinkage (atrophy) or other permanent physical abnormalities in the brain
 - Worsening of the very symptoms the drug is supposed to improve, including hyperactivity and inattention
 - Decreased ability to learn

Dr. Breggin also states that, “... these drugs ‘work’ by producing robotic or zombie-like behavior in children. Most children receiving Ritalin have been identified for treatment by teachers who have been misled by drug company and government promotional campaigns. (See Dr. Breggin's website: <http://www.breggin.com>)

These are excerpts from “Insight Online”:

April 16: Shawn Cooper, 15-year-old sophomore at Notus Junior-Senior High, Idaho, was taking Ritalin. He fired two shotgun rounds, narrowly missing students and staff.

April 20: Eric Harris, an 18-year-old senior at Columbine High, killed a dozen students and a teacher before taking his own life. He had been on a new anti-depressant drug, Luvox.

May 20: T.J. Solomon, 15 years old, at Heritage High School in Conyers, GA, on Ritalin for depression, opened fire on and

wounded six classmates.

May 21, '98: Kip Kinkel, a 15-year-old at Thurston High School in Springfield, OR, murdered his parents and then proceeded to school where he opened fire on students, killing two and wounding 22. He was on Ritalin and Prozac.

March 24, '98: Mitchell Johnson, 13, and Andrew Golden, 11, opened fire on their classmates at Westside Middle School in Jonesboro, AR. He was under ‘psychiatric care’

Dr. Julian Whitaker, (MD), says, “Prozac is the runaway best seller for treating depression, used by six million Americans and 12 million people worldwide. Its potential side-effects are far more serious than addiction or continued depression. As of December, 1995, **35,230 adverse reactions** to Prozac—including aggression, hostility, and hallucinations, and **2,394 deaths** had been reported.” (for more information on the subject, see website: Kids, Drugs, Guns and Psychopolitics.)

Dr. Breggin states: “I have no doubt that Prozac can contribute to violence and suicide. I have seen many cases. In a recent clinical trial, 6% of the children became psychotic on Prozac. And manic psychosis can lead to violence.”

The various general magazine articles, including the one in *U.S. News and World Report* of March 6th, quoted above, are mostly whitewashing the seriousness of overuse of Ritalin and Prozac. In the articles, you'll read about a few cases of extreme hyperactivity, controlled by Ritalin! Nevertheless, suicides are also mentioned.

A recent addition to the list of dangers of Ritalin was published on February 28, 2005 in *Medical News Today*. This article discussed a new study that linked methylphenidate, (Ritalin, Concerta, Metadate CD and others) the most widely prescribed of these drugs being Ritalin, and are used to treat ADHD. Careful blood tests done before and three months after children took Ritalin, showed an increase in chromosomal damage *within three weeks!* Other occurrences are associated

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From the Mailbag

Paul Martin Responds

Paul Martin, a Gerson patient, has been carrying on an email discussion with an acquaintance who is a staunch supporter of allopathic medicine, and scorns "alternative" medicine. We thought Paul's response was worth printing.
—Ed

Hello, Daniel,

[This is in response to your statement] of 2/27 that 'life expectancy of Americans is on the rise with allopathic medicine, apparently incongruously, being supposedly so toxic.'

And here, briefly, is what you have been eager to hear and I have found in response to your obvious need to know, with a bit of digging and research:

The data that follows comes straight out of [hell?] The U.S. World Health Report 2001 and is entitled: *An Extensive Comparison Of Healthful Citizens Of Industrialized Countries* and prepared by OECD [Org. for Economic Cooperation and Development] plotting [a.] a healthy life expectancy [future] as of 2002 against [b] per person health care expenditures 2001.

This study shows most countries' life expectancy to be between 71 and 73 yrs., at a healthcare cost of \$2,000 to \$3,000.; notable outliers are Czech Republic's life expectancy of just over 68 yrs at a cost of \$1,000.; it also shows Japan's life expectancy to be 75 yrs at a cost of \$2,000.; finally, the U.S. comes in at just over 68 yrs at a cost of over \$5,000. Conclusion: the U.S. stands alone as the most fraudulently exploited country sharing the honor of having the world's *worst* medical care at a cost 100% above the world average; this places the validity of your inflated claim of an unparalleled achievement of a 75 yr life span into the

realm of fiction and wishful thinking, to put it mildly.

Even assuming an essentially benevolent and non-parasitic orientation of the average American physician toward his patient, it begs the conclusion that he is either scientifically/medically unaware of the grave consequences of his ministrations and/or in subservient collusion with the directives and commercial interests of the med/pharma drug cartel through financial enticements or threats to status and position.

According to researchers at Johns Hopkins "on most health indicators, U.S. relative performance has declined since 1960; on none did it improve." A 1986 article in *NEJM* states: "Cancer death rates are increasing; we are losing the

According to researchers at Johns Hopkins "on most health indicators, U.S. relative performance has declined since 1960; on none did it improve."

1971 proclaimed war on cancer" despite the insanely massive investment in cancer research, age-adjusted death rates for cancer have increased by 74% from 1900 to 2000. It is now, with 500,000 yearly deaths in the U.S., the #1 killer of people under 75.

The shameful conclusion: American medicine has totally failed its

responsibility as guardian of public health maintenance in direct consequence of its voluntary ignorance of the science of nutrition and its self-serving adherence to and collusion with the dictates of the Big Pharma drug cartel, whose interests are diametrically opposed to an implementation of patient care in keeping with the documented physiological needs of the healthy human body.

There is undoubtedly much more that should be brought to bear upon the issue but suffice it to point out that a superbly effective cancer cure has been available throughout these last 60 years. If you will take the time to view the video, *The Gerson Miracle*, which I gave you last week, and which has already been widely viewed across the U.S., you may find it distressingly but positively educational.

Paul

Ritalin Dangers ...

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with increased risks of cancer and other adverse health effects.

What to do? It is really quite easy. For one, Ritalin and Prozac withdrawal has to be slow and gradual, since the drugs are highly addictive. The Gerson Therapy helps, juices and coffee enemas overcome withdrawal symptoms. At the same time, the child should be carefully fed fresh, organic, unsalted, virtually sugarless nutritious foods, mostly vegetarian. Milk products, often 'supplemented' with artificial Vit.D (Viosterol) can also cause allergies. Get a juicer and let the kid make his/her own juice from organic carrots. Temporarily, it is not a bad idea to supplement with vitamins and minerals. However, in the long run, the most important thing is to eliminate toxins in the foods: remnants of pesticides, fungicides, genetically engineered foods (careful with all soy products), and avoid all food chemicals, preservatives, additives, emulsifiers, coloring agents, and depleted, foods such as white flour, white sugar, sugared breakfast cereals, and chocolate. "Fast Foods", including especially hot dogs, hamburgers, and other restaurant fare has to be omitted. Cookies, candies, ice-cream, cakes and other 'treats' need to be substituted with delicious ripe fruit: apples, pears, grapes, plums, cherries, strawberries, apricots, melons - all organic, of course. As kids start to feel better, they'll 'come around.'

[Editor's note: the recently-announced "President's 'New Freedom' initiative on Mental Health" has as its centerpiece universal testing of schoolchildren and pregnant women for "emotional and mental health," on its way to extending the program to mandatory screening of the entire U.S. population. Should one of the tested subjects be deemed "unstable" (by whose standards is unclear, but political leaning could well be a determinant), mandatory drugging with Prozac, Ritalin or some similar antipsychotic drug will be required by the government. A pilot program is already underway in Texas, testing public reaction to various pieces of the program. Considering the expectable violent psychotic episodes and suicide attempts associated with these drugs, we may expect much, much more schoolyard violence if this program is implemented on a national scale.]

Codex Alimentarius—The Food Code

by Charlotte Gerson

This 'Codex', is clearly the *ultimate attack on our health freedom*. With devilish cleverness, it was given a Latin name; and I noted with distress that the author's aim, the Latin name not being understood by most of the public, was apparently achieved. This realization came only a few weeks ago, when I discussed this terrible attack with some very well informed, thoroughly well-read people – they had never heard of the "Codex".

Unfortunately, the pharmaceutical world powers have been working on this regulation for quite some time. Would you believe that our first article and warning about the "Codex" appeared in *The Gerson Healing Newsletter* Vol 13, No. 1, in the January/February 1998 issue.

So, what is this threat all about? The Codex Alimentarius Commission meets in Europe in semi-secrecy which is typical when the world government bureaucrats want to pass regulations with the least fuss or publicity. They also gave it a title that sounds good and helpful for the public, namely it is supposed to "guide and promote the elaboration and establishment of definitions and requirements for foods, to assist in their harmonization and, in doing so, facilitate international trade."

In 1997, the German delegation presented a bill called the "Proposed Draft Guidelines for Dietary Supplements" and it called for

NO vitamin, mineral, herb, etc. can be sold for preventive or therapeutic use
None sold as a food can exceed potency levels set by the commission
Codex regulations for dietary supplements would become binding – eliminating the escape clause within the General Agreement on Tariffs and Trade (GATT) that allows a nation to set its own standards (!)
All new dietary supplements would automatically be banned unless they go through the Codex approval process.

If (and it is now when!) these measures are adopted, any party to GATT

(which includes the U.S.) that does not accept the new standards can be heavily fined by the WTO (World Trade Organization) which will have the right to levy enormous fines on any nation that gets "out of line" with the potential to cripple entire sectors of that nation's economy.

Not surprisingly, 90% of the delegates to the Commission consisted of representatives from the multinational pharmaceutical corporations! These companies are "licking their chops (according to William Campbell Douglass' article in *Second Opinion* of August 1997) as they see the natural foods and health industry, which has been eating into their profits, facing a wipe-out."

Codex already applies to Norway and Germany, among others, where zinc tablets rose from \$4 per bottle to \$52; Echinacea rose from \$14 to \$153—and are allowed by prescription only. Vitamin C is now a "drug," and is allowed by prescription only when containing more than 200 mg, niacin above 32 mg Vitamin B-6 4 mg – and all these are banned from over-the-counter sales since they are 'drugs'. No essential fatty acids, DMEA, DHEA, CoQ-10, MSM, beta-carotene, etc. are allowed.

NOTHING about all this has been in the media. What the drug corporations have failed to achieve through Congress, they have gotten by sneak attack through Codex.

What can you do?

Spread the word as much as possible.
Oppose bills S.722 and H.R. 3377 which support Codex restrictions. These laws have already been passed!
Support H.R. 1146 which would restore the sovereignty of the U.S. Constitution over Codex.

Contact multi-level health marketing groups that can get their members to inform the government.
Inform yourself fully at www.ahha.org and www.iahf.com.

If the Codex restrictions and regulations go into effect, your ability to buy herbs and vitamins will end in June 2005.

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Aspartame Poisoning ...

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ideal for diabetics. It has now been approved as a dietary supplement by the FDA. However, for years, the FDA had outlawed this sweet food because of their loyalty to Monsanto.

Senator Howard Metzenbaum wrote a bill that would have warned of the dangers of Aspartame for infants, pregnant mothers and children. This bill would have also instituted independent studies on the problems existing in the population (seizures, changes in brain chemistry, changes in neurological and behavioral symptoms). It was killed by the powerful drug and chemical lobbies.

We have long known that the FDA protects the food and drug industries, not the trusting public. But just because the FDA allows products in the processing of foods (canning, jarring, freezing, preserving, etc.) does not mean that the permitted chemicals are safe. Nancy Markle warns, "if the label says, 'SUGAR FREE'—DON'T EVEN THINK ABOUT IT!!!"

We return to our basic Gerson Health refrain: Eat only organic, fresh, living, whole foods.

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.

Susan Allshorn, shoulder ...

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shoulder was not being held in its socket by the surviving muscles, and a whole series of operations lay ahead to try to restore further movement. These I turned down (sheer cowardice). In an attempt to delay the inevitable, I decided to try other approaches and found myself on the Practitioner Training week, organized by the Gerson Support Group at Mulberry House in Essex, not far from my home. It was distressing to realize that here was a therapy which had the potential to heal the damage, and I hadn't the financial resources to go away and do it. Which is where one of many miracles happened. One of the course participants handed me a check for £1,000, to buy the equipment and embark on the therapy for myself.

So I did. I used the Gerson Diet, with no supplements, juices at varying levels and coffee enemas. I felt a lot better in myself, had more energy and was ready to go back to work, but when I went to see the consultant in November 2003, having been on the program for 6 months, there was no visible improvement in the shoulder. I was told that the only way to achieve more mobility was to give me an artificial shoulder, followed by another year of recuperation.

Fortunately shoulder joints of this sort take 3-4 months to make, as they are individually measured, and this gave me some breathing space.

I was in total denial about the situation when I enrolled on Module One of the Gerson Institute's Practitioner training in California in May 2004, somehow hoping that the problem would go away.

Two days into the training I went for a walk up the forest track on Big Bear Mountain and a tree spoke to me. You know how cats and dogs sometimes seem to be able to communicate; this time it was a tree. I stood in front of that tree and did as instructed, grabbing hold with the assistance of my other arm of a branch at about head height. There was the most horrid creaking noise from my damaged shoulder, which made me feel nauseous. I panicked. What if I'd done more damage? There was

no pain, so I stood quietly for a minute or two, then gingerly lowered my arm and went back to the next seminar.

During the afternoon I started to feel very hot. No, it wasn't hot flushes; I get those too and know how they feel. This was a deep rising heat and I couldn't eat supper, which was most unusual. That same evening you, Charlotte, offered to give me hands-on healing to help with the discomfort. I find it difficult to talk about what happens during healing, to find the right words to describe an experience which is really beyond words—the immense power that is there and the tremendous feeling of love and oneness that goes with it. At any rate that healing felt like switching from being plugged into a 9-volt battery to being connected to the mains. The energy levels shot up and so did the heat, feeling decidedly uncomfortable, but with a discomfort I know from experience is working for good. How do you describe what happens with healing? It's energy, yes, but also much more. A feeling of being bathed in indescribable love, so that whatever happens

you know it's the right thing.

I went to bed as usual, but woke around 3:00am, feeling terrible. My whole shoulder was on fire, the pain was worse than post-operatively (I'd had morphine then.) The name of Gerson and everything to do with it was mud. Take me home! In the morning I was exhausted, though the pain eased with the morning enema. Midmorning I took an extra enema and discovered that something had changed in the shoulder joint: I could scratch my butt! Well, the *gluteus maximus*, actually; something I had not been able to do since my operation. God seems to have a very wacky sense of humor: not only does He get a tree to re-manipulate the shoulder joint, but then brings the change to my attention in such a fundamental and down-to-earth way.

I went to revisit the tree in an attempt to calm myself, and it had gone, chopped down. Had it perhaps been there only for that brief encounter? I stood and watched two woodpeckers feeding from the sawn-

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The Family Juicer, Model 5000, © 1994

Susan Allshorn, Shoulder ...

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off trunk of one of its neighbors. At one level I was convinced I had been healed, at another I remained determined not to get too carried away. It would have been very easy to claim a cure at this point. Who wants willingly to submit to more surgery, knowing what lies ahead? I certainly didn't, but I knew that there was no alternative if I wanted to regain more function.

Two weeks later, back in England, I sat and shook whilst the Registrar explained in detail what was to happen. There were no guarantees that the operation would succeed, and I would need another year of intensive physiotherapy to regain the use I already had, and to see how much more could be achieved. I was so visibly distressed that to reassure me that the shoulder was still out and I did need the surgery, the Registrar sent me for another X-ray. From the orthodox perspective the shoulder would not have changed since my last visit in November (this was now July). The shoulder was dislocated, muscles atrophied and movement limited. Personally I felt it had improved since November and more so since the California trip, but as the later took place only the week before, it was difficult to be sure.

In the event the situation *was* different. They took a long time to call me in when I returned with the film, but there it was: the head of the *humerus* was clearly in the socket.

Apparently only two criteria would have justified the serious surgery planned for me: pain, and an attempt to increase

mobility. In November I had fulfilled both criteria. Now I didn't. I was delighted to agree to return in two months to monitor my progress.

Two months later the consultant commented that it was all rather 'spooky.' Basically, with the help of Gerson and the intrinsic healing power of the human body, I am now out there on my own. There was no physiotherapy referral. It would appear that no-one would have known what to do with my problem: to all intents and purposes the only solution would have been fitting the artificial shoulder. Somewhere in the storerooms of the NHS there is a shoulder joint with my name on it. I don't think I shall have any use for it.

I can now swim ten lengths, very slowly but no longer round in circles, and my stamina improves daily. I am back at work though a not yet full-time and still eating along Gerson lines, with juices and enemas to help. I have more energy than I have had since suffering a bout of infectious hepatitis when I was 16. The shoulder muscle is slowly rebuilding, though it doesn't match the Olympic athletes' and never will.

My conclusion? The months of 'Gersoning' came to a healing crisis in California, where the diet, combined with a few days rest, allowed the body to heal much more of the damage in the shoulder. The encounter with the tree? Well, the joint needed repositioning as well as healing. I had already been told that a further relocation was not possible, for the damaged tissues would not be able to withstand the force involved and the attempt would be likely to cause more damage. In any case, two previous attempts had failed simply because the muscles were not strong enough to hold the joint stable. Instead, all that work providing the body with the building blocks it needed had allowed the shoulder to heal to a point where it is able to hold its position and is now beginning to look, and, more to the point, feel almost normal.

I am still restricted, but it is a restriction I can cope with and it serves as a useful reminder of how fragile life is, but also how wonderful.

Thank you for the friendship you have given me over the past two years, as I sought and found the healing I needed. Thank you, all of you, for being who you are, and helping to bring healing and wholeness to so many lives, including my own.

Susan trained as a Medical Herbalist with the National Institute of Medical Herbalists and is now a Member of the College of Practitioners of Phytotherapy. For the past two years she has been working with the Gerson Support Group, learning the practicalities of the Gerson Therapy, and has recently completed Modules One and Two of the Gerson Institute's training program.

Consultations can be arranged by phoning +1708 226061. If the machine responds, please record your name and phone number slowly and clearly, and your call will be returned as soon as possible.

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