

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

Exciting New Publications

**CD, DVD
 Published**

by Howard Straus, Editor

The Gerson Institute is proud to make available to its members some new disks that contain both delightful and fascinating information, with more soon to come.

The first is a two-CD set of the entire two-hour January 15, 1957 interview of Dr. Gerson on the Long John Nebel Show on radio station WOR in New York City. For those of you unfamiliar with the history, this interview is not only the only extant recording of Dr. Gerson's voice, but on it he provides information so dangerous to the food, tobacco, alcohol, surgical and pharmaceutical industries that the broadcast most probably set in motion the plot that eventually led to his untimely death. It is an historical document *par excellence*, and is a fascinating window into the manner, voice and rock-solid scientific integrity that Dr. Gerson possessed.

Award-winning sound engineer Ed May has carefully cleaned up the old tape recording electronically so that it is far clearer than the formerly available cassette

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**Int'l Society of Orthomolecular Medicine Blazes a Trail
 Dr. Gerson Honored in Ottawa**

by Howard Straus, Editor

On May 14, 2005, the International Society of Orthomolecular Medicine held a dinner honoring eight giants of medicine dedicated to providing the body with the "right" molecules to sustain life and health, inducting them into the Society's Hall of Fame.

For the first time in history, Dr. Max Gerson was publicly honored by an international medical society, by being named one of the inductees to the Hall of Fame.

In this way, the Society of Orthomolecular Medicine has the unique historical position of being the first to recognize Dr. Gerson's immense contributions to human health and medicine.

One of the eight new inductees had previously won a Nobel Prize, like the founder of the discipline, Dr. Linus Pauling, the only man ever to win two unshared Nobel Prizes.

The dinner was part of an annual Orthomolecular Society meeting that included a weekend of lectures and symposia attended and given by some of the people about whom we have written and commented, and whose writings and

thoughts have influenced our view of the world. Dr. Abram Hoffer, founder of the ISOM was there, as well as Andrew Saul, DC, Ph.D., a stalwart friend and supporter, Stephen Carter, the Editor of the *Journal of Orthomolecular Medicine* and

organizer of the convocation, Dr. Carolyn Dean, MD, ND, LAC., author of *Death by Modern Medicine*, and Harold Foster, Ph.D., who has written several powerful books on mineral deficiency and its influence on cancer and AIDS.

Accepting the plaque for her late hus-

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(L-R) Andrew Saul, Ph.D., Charlotte Gerson, Dr. Abram Hoffer at the Fairmont Chateau Laurier, Ottawa, Canada

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Francesca Dego Shines in European Competitions

by Howard Straus, Editor

Charlotte Gerson's 16-year-old granddaughter Francesca Dego, the virtuoso violinist we were proud to present to our guests at our Gala benefit evening in February, has been racking up successes like Michael Schumacher!

Together with her pianist Leonardo she snapped up both of the major scholarship prizes at the Giuseppe Verdi Conservatory in Milan, the latest at the end of May when the two girls were pitted against ten other chamber groups, entirely made up of graduate students (Francesca only graduates Conservatory next year). For their audition they played Beethoven's 8th Sonata for Violin and Piano and the Sonata by Debussy. This latter offering can be heard on Francesca's CD.

But even more significant for Francesca Dego's future on the world stage was her first major success in a tough international

competition, Valsesia Musica 2005, for solo violinists with orchestra. Francesca brought her interpretation of the Brahms violin concerto and found herself competing with 50 violinists from 25 countries. The vast majority of the contestants were

year-old Lilya Bekirova from Uzbekistan, and an incredible Russian Rodion Petrov (26 years old) 2nd prize winner at the Paganini competition and also last year at Valsesia. The jury, presided over by Marcello Abbado, gave first prize to Petrov

for a truly memorable performance of the Tchaikovsky concerto but were simply unable to choose between Francesca and her two ex-Soviet rivals. In an unprecedented decision they combined the second and third prize money and divided it equally among the three ladies, giving them each second prize status. Then they singled out Francesca for a special additional award of 500 Euros (\$625) for being



Francesca Dego in violin competition in Italy. Photograph © and courtesy Vico Chamba Milan

the youngest finalist.

Congratulations from all of us,
Francesca!

over 20 years old, many came from the Eastern European and Asian countries that produce so many winners of international competitions.

Not only was Francesca the only Italian chosen among 16 semi-finalists, but, astounding everyone with the maturity and power of her musical interpretation, she became the youngest finalist among the four chosen to be the prize-winners. Her rivals were two highly professional ladies, 27-year-old Byelorussian Julia Igonina, 22-

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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RECOGNITION, "BEST IN AMERICA", ONLINE GERSON UNIVERSITY

On May 20th, I celebrated my second anniversary with the Gerson Institute—the focus wasn't on accomplishments but rather a deep, peaceful sigh of gratitude for the team we have and for the clarity we share concerning our future direction and challenges. It is a time of growth—the welcoming of new employees, the searching for new board members, the implementation of program expansion and the continuation of our fundraising for the Charlotte Gerson Health Restoration Center. All of this is fueled by the joy of Dr. Gerson's recent world-wide recognition by the International Society of Orthomolecular Medicine. This medical giant has taken his place among his peers. We will have a special gift offer in our next newsletter for those who would like to make a donation in commemoration of this event.

Through the generosity of the Alternate

Health Decisions Foundation, Inc of Fredericksburg, Texas, we have received a year's funding for a full-time Resource Development Specialist (see article about Diane Ake, below). We have been informed that we are the first to receive a grant from this new, small foundation. We are also very proud to have received the "Best In America" Seal of Approval by the Independent Charities of America. This is based upon our integrity, productivity and compliance with local, state and federal regulatory bodies. You all help make this possible.

Within the next month, we will initiate our new *Companion Training Class* for those who accompany their loved ones to the clinic in Mexico. This day long, hands-on opportunity is yet another support to further ensure that our patients leave our clinic prepared to continue the therapy at home. It is an intense condensation of our highly successful 2.5 day caregiver class which began

in 2000.

We have started working with Frank Mell of Green Sphere, Inc. on the development of our **Gerson University** online. We are applying for grants to fund the production of our first phase of this: our Caregiver Class (ten one-hour sessions) available both in English and Spanish, plus being accessible to the visual and auditory challenged population. Frank is a talented, creative person with a proven track record. Log on to: www.greensphere.org to learn more about some of his amazing projects.

In our September edition, we will introduce you to new employees, Erinn Snively, Health Educator, Nicholas Snively, Educational Support Specialist and David Herbert, Gerson Chef.

Be Healthy and Happy.

Anita

New Resource Development Specialist Gerson Institute Welcomes Diane Ake

by Anita Wilson, Executive Director

Diane Ake joined the Gerson Institute staff on May 4, 2005 as a Resource Development Specialist. As you can see by the photograph, she recently (happily!) graduated from San Diego State University with Master's of Public Health in Health Promotion. Diane has 25 years of experience in the non-profit world, starting with 15 years of community organizing on both the East and West Coast. For the past ten years, Diane has developed, administered and evaluated tobacco and substance abuse prevention and educational programs. She has also been an active member of the San Diego Nutrition Network. Nutrition is her passion and she maintains her own set of nutrition books and information at home.

Diane plans to use her experience as a

Volunteer Coordinator, as well as with outreach, fundraising, promotion, public speaking, grant writing, program planning and evaluation, membership and volunteer recruitment, to bring in more resources for the Institute. The first priority is to obtain funding to be able to place the Gerson Institute Caregiver Course on-line in both English and Spanish, in order to make the training easily accessible to people around the world. We will also seek to increase our membership, and need donations of new computer equipment to be able to streamline our service to our clients and to the public. If you have any connections with foundations or fundraising ideas, please contact Diane at extension 109.



Diane Ake receives Master's Degree from SDSU

Free Speech TV "Miracle" Achieves Wide Distribution!

The Gerson Miracle has just been selected for showing over the next nine months on Free Speech Television (FSTV), which is distributed over the Dish Satellite TV Network and 140 Community Access Cable TV systems in 28 states!

Dish Network alone is installed in 17 million households, and the 140 stations represent millions more households that will be exposed to this information. We estimate a potential viewership of 50-60 million individuals nationwide who will now have access to our prize-winning documentary.

FSTV is found on channel 9415 on the Dish Satellite TV receivers.

The fact that FSTV requested a non-exclusive nine month license to play the film should mean that they intend to broadcast *The Gerson Miracle* on many occasions. We will be sure to notify our readers as soon as we know the broadcast schedule. You may also check the Gerson Institute website for the latest information.

T. Colin Campbell, Ph.D. Publishes "The China Study"

New Book Pillories Animal Protein as Greatest Cancer Threat

by Charlotte Gerson

Professor Emeritus T. Colin Campbell, Ph.D. of Cornell University and his son, Thomas M. Campbell II have just (Jan. 2005) published an excellent book titled: *The China Study*. (BenBella Books, Dallas, TX 75206; ISBN #1-932100-38-5). The book's subtitle reads "Startling Implications for Diet, Weight Loss and Long-term Health." Campbell's over-35 years of in-depth research powerfully bear out many of Dr. Gerson's ideas, and are backed by the most meticulous and unimpeachable science.

Campbell completed a stellar career as a Professor of Nutrition at Cornell University in Ithaca, NY. Originally, his thinking was very much along "establishment" lines, but more than 30 years of in-depth nutrition studies radically changed his ideas. When we first heard him speak some six years ago, we were so impressed that we wrote up summaries of the content of tapes made at the lectures. We subsequently published extracts from these tapes in our *Newsletters* Vol. 17, No. 3 May/June 2000 and Vol. 17, No. 4 July/August 2000. Below one paragraph of those articles is reproduced to give our readers an idea of his research. This paragraph is on the subject of animal proteins in relation to cancer. Our article below is taken from Prof. Campbell's new book on the subject of sugar.

"Dr. Campbell and his team were sent to study nutrition in the Philippines. The original goal was to investigate the unusually high levels of liver cancer in Filipino children, plus find ways to help eliminate malnutrition among the poor. It was originally thought that the sick children were suffering from a lack of protein, which weakened their systems, making them susceptible to disease. To remedy the assumed animal protein deficiency, the team decided to supplement the children's diets with

casein, nonfat milk protein. The results were shocking, however: the advisors discovered that *children who consumed the most proteins got the most liver cancer*. Similar studies, two done by researchers in India, also showed in rats that 30 experimental animals fed aflatoxin, a powerful rat carcinogen, plus a 20% protein diet *all* developed liver cancer. Those rats fed even more aflatoxin but a 5% protein diet got none. It seemed an unbelievable conclusion, given what they *thought* they knew about nutrition. Furthermore, liver tumors grew faster in those animals that received a 20% protein diet. When they were switched to a 5% protein diet, the tumors in the sick animals shrank. In other words, protein could be used as a switch to turn cancer growth on and off! In addition, the protein outweighed the potent carcinogenic chemical in inducing cancer. It became very clear: appropriate nutrients control tumor growth. Less protein -> less cancer."

With Prof. Campbell's permission, we quote freely from *The China Study*: "The recommendation on added sugar is as outrageous as the one for protein. [When] this FNB (Food and Nutrition Board) report was being released, an expert panel put together by the WHO (World Health Organization) and the FAO (Food and Agriculture Organization) was completing a new report on diet, nutrition and the prevention of chronic diseases. Professor Phillip James was a member of this panel and a panel spokesperson on the added sugar recommendation. Early rumors of the report's findings indicated that the WHO/FAO was on the verge of recommending an upper safe limit of 10% for added sugar, far lower than the 25% established by the American FNB group.

"Politics, however, had early entered the discussion, as it had done in earlier

reports on *added* sugars. According to a news release from the director-general's office at the WHO, the US-Based Sugar Association and the World Sugar Research Organization, who 'represent the interests of the sugar growers and refiners, had mounted a strong lobbying campaign in an attempt to discredit the WHO report and suppress its release.' ... According to the *Guardian* newspaper of London, the US sugar industry was threatening to 'bring the World Health Organization to its knees' unless it abandoned these guidelines on added sugar. WHO people were describing the threat as 'tantamount to blackmail'. The US-based group even publicly threatened to lobby the US Congress to reduce the \$406 million US funding of the WHO if it persisted in keeping the upper limit so low at 10%. There were reports ... that the Bush administration was inclined to side with the sugar industry."

Prof. Campbell concludes: "So, for added sugars, we now have two different upper "safe" limits: a 10% limit for the international community and a 25% limit for the U.S." (!) Can there be much doubt that the epidemic of ADD/ADHD in children is related to being loaded with sugar, per our government's recommendations?

In the recent horrific scandal involving Vioxx®, its voluntary withdrawal and the admission that it caused over 55,000 deaths (some estimates run as high as 139,000), then its subsequent *invitation back onto the market* by the FDA (US Food and Drug Administration) is obviously not the only threat to the public health by huge industry interests, with our supposedly protective government agencies firmly under their corporate control.

In our next issue, we will give our readers many more details on the damage done by animal proteins as it relates to chronic disease, including cancer.

Caution: A Significant Source of Toxicity

Household Chemicals

by Charlotte Gerson

We are always very anxious to keep a clean house. Probably this feeling gets even more intense when there is a seriously ill person in the home. As a result, the householder does a lot of cleaning, using all sorts of advertised chemicals. Actually, that is a very bad idea! It would be in the patient's best interest to consider a 'clean' house one that contains NO TOXIC CHEMICALS. Use simple soaps, for instance.

The problem is, of course, that all these cleaning chemicals are quite toxic, some more than others. An immediate offender is the spray can or bottle, especially the aerosols. However, that doesn't mean that the spray bottles are safe: once you spray the window cleanser, for example, there are droplets in the air which one inhales. If the patient is in the area, these go right into his blood stream! Cleansers containing chlorine are also a bad idea. Furniture polishes containing solvents, coloring, waxes, etc. are toxic. Paints, including art materials, are very toxic—the list is virtually unending!

The most damaging items, of course, are pesticides, everything from cockroach sprays to mosquito and fly repellants. These kill not only insects but are highly toxic to humans as well. What to do?

First of all, avoid all aerosols, since the propellant is a fluorocarbon, highly toxic to humans, aside from damaging the ozone layer of the earth!

There are many soaps and even

cleansers that do not contain chlorine or other additives that sell but are not harmless. It is possible that patients who order large amounts of vegetable and fruit supplies that come from refrigerated warehouses, find that some of these boxes come with cockroaches. DO NOT PANIC! Of course, every housewife abhors crawling insects, but remember, they do not hurt you while the pesticides do! It is quite easy to overcome roaches by using boric acid powder sprinkled in areas where they are seen. True, they do not die immediately; it may take some days or a week—but they can be controlled without harm to the patient! If you have flies in the house, even the very old-fashioned sticky fly-paper is quite safe and effective. To control mosquitoes, you'll need screening. DON'T put any advertised material on your skin! And if you clean windows, simply pour some liquid on a cloth—DON'T spray.

There can also be trouble from the outside: your neighbors may use pesticide in a garden adjoining yours, and the wind blows it your way. Stay indoors for a day or so while they are doing this; and use a room ozone generator or air purifier to remove the material from the air. Also, while a patient is using the Gerson Therapy, DO NOT PAINT THE INSIDE OF THE HOUSE! The solvents used in housepaint are very toxic. Also avoid acrylic materials. Examine any and all chemicals and cleansers for their content and be careful.

21st International Valsesia Musical Concourse (see story, page 2). It is difficult to describe the excellence of performance of this talented 16-year-old violinist, in fact, it is difficult to remember that she is only 16 when one hears the power and maturity of her performance. If you love music, and you would like to hear this future violin virtuoso at the beginning of her career, this is your opportunity. The Institute is selling the DVD of the performance for \$15.00.

The Family Participates in A Fun Bicycle Ride

by Barbara Garcia, Client Services

The Rosarito-Ensenada 50 Mile Fun Bicycle Ride's history dates back to 1980 when a few friends rode the old free road from Ensenada to Rosarito Beach in Baja California and noticed that they'd ridden exactly 50 miles.

The ride became an annual tradition and quickly grew so large that in 1986 a spring ride was created to alleviate the crowds. So each race day in April and September we wake up with a particular itch and anxiety in anticipation for things to come. Most of the early hours of the morning are spent checking equipment and provisions, organizing the final details and logistics for our safe and timely return. A few phone calls later, we find ourselves driving south to the beach town of Rosarito, where thousands of people who share our passion have come to this installment of the Rosarito-Ensenada fun bicycle ride.

The last minutes before the starting call are spent trying desperately to insure proper hydration and carbohydrate reserves for the long trip ahead. And then, it's there, a sudden cheer generated by thousands of excited lungs signaling the start of this fun ride along the Pacific Coast and inland through rural countryside from Rosarito Beach to Ensenada, Mexico.



Riders (L-R): Fausto Garcia (Dad) Alex Nieves (Uncle) Fabiola Ussel, Barbara Garcia, Client Services, Barbara's husband Christian De Anda

Please consider a bequest to the Gerson Institute when you prepare your will.

CD, DVD ...

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tapes. This slice of Gerson history is of interest to any current or former Gerson patient, as well as to medical historians for its significance. The two-CD audio set is available for \$18.00 from the Gerson Institute.

The second disk is a DVD of Francesca Dego playing the Brahms Violin Concerto in D Major, Opus 77, in competition at the

Revealed: health fears over secret study into GM food

Secret GM Food Study: Revealed

By Geoffrey Lean, Environment Editor, *The Independent*

22 May 2005

Rats fed on a diet rich in genetically modified corn developed abnormalities to internal organs and changes to their blood, raising fears that human health could be affected by eating GM food.

The *Independent* on Sunday can today reveal details of secret research carried out by Monsanto, the GM food giant, which shows that rats fed the modified corn had smaller kidneys and variations in the composition of their blood.

According to the confidential 1,139-page report, these health problems were absent from another batch of rodents fed non-GM food as part of the research project.

The disclosures come as European countries, including Britain, prepare to vote on whether the GM-modified corn should go on sale to the public. A vote last week by the European Union failed to secure agreement over whether the product should be sold here, after Britain and nine other countries voted in favour.

However, the disclosure of the health effects on the Monsanto rats has intensified the row over whether the corn is safe to eat without further research. Doctors said the changes in the blood of the rodents could indicate that the rat's immune system had been damaged or that a disorder such as a tumour had grown and the system was mobilising to fight it.

Dr Vyvyan Howard, a senior lecturer on human anatomy and cell biology at Liverpool University, called for the publication of the full study, saying the summary gave "prima facie cause for concern".

Dr Michael Antoniu, an expert in molecular genetics at Guy's Hospital Medical School, described the findings as "very worrying from a medical point of view", adding: "I have been amazed at the number of significant differences they found [in

the rat experiment]."

Although Monsanto last night dismissed the abnormalities in rats as meaningless and due to chance, reflecting normal variations between rats, a senior British government source said ministers were so worried by the findings that they had called for further information.

Environmentalists will see the findings as vindication of British research seven years ago, which suggested that rats that ate GM potatoes suffered damage to their health. That research, which was roundly denounced by ministers and the British scientific establishment, was halted and Dr Arpad Pusztai, the scientist behind the controversial findings, was forced into retirement amid a huge row over the claim.

Dr Pusztai reported a "huge list of significant differences" between rats fed GM and conventional corn, saying the results strongly indicate that eating significant amounts of it can damage health. The new study is into a corn, codenamed MON 863, which has been modified by Monsanto to protect itself against corn rootworm, which the company describes as "one of the most pernicious pests affecting maize crops around the world".

Now, however, any decision to allow the corn to be marketed in the UK will cause widespread alarm. The full details of the rat research are included in the main report, which Monsanto refuses to release on the grounds that "it contains confidential business information which could be of commercial use to our competitors".

A Monsanto spokesman said yesterday: "If any such well-known anti-biotech critics had doubts about the credibility of these studies they should have raised them with the regulators. After all, MON 863 isn't new, having been approved to be as safe as conventional maize by nine other global authorities since 2003."

Soboleski ...

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use fresh food. She made a special point to tell them that they *could eat any time they liked as long as it was fresh and raw food!* One of her students, the mother reported, had always been ill with lots of allergies, colds and absences. However, during the year she ate all the fresh food, she had not missed a day of school by Christmas!

For several years, after she started the Gerson Therapy, she was followed by Dr. Schutt, an oncologist at the Mayo Clinic, who did a full body scan every six months.

He was amazed at her great blood pictures and her good appearance, energy and health.

Renee is now helping many people from all over the world, from as far away as India, who call her to find out how she recovered. Some medical doctors have even told patients who had been sent home to die, to call "a lady in International Falls."

Our Mission

The Gerson Institute is a nonprofit 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.

With your help ... we're winning the battle on all fronts!

Another Source of Toxicity

Cosmetics

by Charlotte Gerson

As we have seen, it is imperative to eliminate all new sources of toxicity. Since the body is toxic from years of the toxic environment, the soil, the air, the water, food, smoking and many other sources, and the Gerson Therapy is greatly concerned with removing these toxins, it is obvious that all new sources of toxicity have to be eliminated.

One such source is cosmetics. All substances sprayed or rubbed into the skin travel quite promptly into the blood stream. Orthodox medicine utilizes this fact with the application of "patches", in order to deliver substances (mostly pain killers) into the blood stream. It doesn't occur to most people that powders, creams, ointments, sprays, etc. are also delivered into the blood stream! For that reason, we simply tell our female patients that "if you wouldn't eat or drink it, DON'T put it on your skin (or lips)." We are willing to make one tiny concession: it is permissible to use an eyebrow pencil.

One of the most offensive items used as a 'grooming' substance is the underarm deodorant. Many of the brands offered contain mercury which is, of course, severely toxic. But what of those creams or sticks that are sold as "organic"? They are still not acceptable because they interfere with the body's attempt to eliminate poisons by the simple act of perspiration! Many patients experience "night sweats," an attempt by the body to detoxify itself when at rest. Others experience severe sweats during the healing reactions. These eliminations are also embarrassingly smelly, and the patients first try to clear this 'problem' with baths or showers. But that isn't sufficient—the offensive odor returns! So, of course, they reach for a deodorant cream or spray or stick. That is a serious mistake! When the body attempts to detoxify, one must absolutely not interfere by stopping or blocking this perspiration! Blocking the underarm passages will return the toxic materials into the lymphat-

ic system around the chest and shoulder—and increase the chance for breast cancer even in men! Male breast cancer is increasing, and we must assume that much of the problem can be related to the use of underarm deodorants.

The next point is obvious: "So what can I do to overcome the problem?" As we have seen above, baths and showers are not adequate. The short answer is, as always, "Don't eat or drink materials that are toxic (not organic), and detoxify the much more efficient way with coffee enemas!"

We are thus addressing not only women in the area of cosmetics, but also men! Another item that is very toxic and is used by men and women alike: hair dyes. Materials that go on the scalp are very easily assimilated through the scalp into the blood stream. The scalp is thoroughly 'vascularized,' that is many blood vessels are close to the surface, and readily absorb poisons passing through the very permeable skin on the scalp. Gerson patients must avoid dyes, permanent wave materials, and any substances used on the hair other than the mildest shampoos. It is also seriously advised that Gerson patients avoid perfumes (which contain aromatics), men avoid after-shave lotions and do not use aerosol shaving creams! (See article on Household Cleansers.)

Phthalates

Phthipthpt! What on Earth are phthalates? Heck, it's virtually impossible to even say it! (THA-lates)

Phthalates are a class of chemicals very widely used in cosmetics. Thus, it is reasonable to assume that almost any makeup, including creams, foundations, powders, lipsticks and other appearance-enhancing substances will probably contain phthalates. And why is this important? Phthalates are dangerous and toxic chemicals whose toxicity has been known for years. Hundreds of animal experiments

have shown that these chemicals cause damage to the liver, lungs and kidneys, but one of the most serious damaging effects of phthalate poisoning is birth defects. Thus, the irony arises that the very substances women use to make themselves more attractive to men so they may attract a mate with whom to bear children, at the same time endanger those very children!

And what kind of birth defects have been linked to phthalates? Recent research has suggested that deformation of the male genitalia, in the form of smaller genital size and interference with the formation of the infant's testes are some of the results of the mother's exposure to phthalates from cosmetics.

Such a lifelong and global effect is indicative of deep-rooted changes that occur during gestation. It is not at all improbable that other significant changes take place that are not obvious in early stages, and will emerge as the problem is studied over the long term.

Phthalates are so demonstrably dangerous that the European Union (EU) has initiated a phased ban of these chemicals, for which there exist safe substitutes, in cosmetics. Yet there is no such move in the United States!

But why even expose yourself or your children to the danger of birth defects *simply to disguise blemishes?*

Your skin is the largest and heaviest organ in your body. It is a very porous and absorbent organ, passing into the body chemicals with which it comes in contact. Since it drapes the body's exterior, it reflects like no other organ your internal state of health. If blemishes are present, it is likely that they have a source rooted in underlying physiological processes.

This is important, because once those very processes are brought into balance and harmony using nutrition and detoxification, *your skin will begin to glow with a healthy and resilient tone, as it should!* Cosmetics are a means of masking the clues you should be using as warnings that your basic health is deteriorating. Once you have achieved good health, you will have little or no need for cosmetics, and your skin will reflect a vibrant and robust health status, without having to be retouched.

Dr. Gerson Honored ...

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band was Mrs. Joseph Issels, wife of one of the inductees, upon whom Dr. Gerson had a profound influence. Dr. Issels was jailed briefly in Germany for pursuing natural healing modalities, though the conviction was later overturned when it was shown that the accusers were corrupt.

In the presentation ceremony, following dinner, the accomplishments and qualities of each of the honorees were enumerated by Dr. Saul. We had been in contact with Dr. Saul for several years, but had no idea of what an excellent, engaging and humorous speaker he was. In both his addresses to the convocation, and his presentation speeches, Dr. Saul was clear, always interesting, humorous and always deeply respectful of the subjects and men of whom he spoke. He had personal contact with many of them, as the world of Orthomolecular Medicine is much smaller than that subsidized by "Big Pharma", and its adherents tend to know and consult each other when possible. So he was able to give several personal, sometimes funny, sometimes poignant anecdotes about them.

When the presentations began, we were deeply honored when Dr. Max Gerson was the first of the eight to be named. Dr. Saul gave a lovely speech, and called Charlotte Gerson to the podium to receive a framed certificate commemorating the occasion. We accompanied her to the podium to show our support.

Coffee Enema Long Used Against Poisoning

by Margaret Straus

Italian reader Francesco Paolo Ruggieri sent me this interesting tidbit from the French author Jean Valnet, whose best-selling book *Healing with Plants* was just published in Italy: "POISONING.

To say that Charlotte was glowing like a star would be an understatement. After a lifetime of rejection and vilification by the medical profession, following her father's own lifetime of lone struggle, to be so honored represented almost a lifetime achievement award for her. It is impossible to overstate the importance of the recognition to the Gerson Institute and the Gerson family. Charlotte's smile alone lit up the entire hall.

It was an honor, as well, to make the personal acquaintance of those courageous pioneers who dare to say their truth, no matter the consequences. Our entire society is plagued by people of small ethical stature in comparison to these giants who are not afraid, or who overcome their fears to bring the unvarnished truth of real medicine to the people who so desperately need it, and who are being so ill-served by allopathic medicine and its death-dealing pharmaceutical sponsors.



Charlotte Gerson and Editor Howard Straus at awards dinner in Ottawa

We should like to express our deep appreciation to the International Society of Orthomolecular Medicine, to Steven Carter, Editor of the *Journal of Orthomolecular Medicine*, to Dr. Abram Hoffer, and to Andrew Saul, DC, Ph.D. for this indelible and pioneering recognition of Dr. Gerson's greatness.

There is an old Spanish saying quoted by our good friend Pedro Aponie-Vazquez, "Honrar, honra," which translates, roughly, to, "He who honors, is honored."

The use of coffee, even at a late stage, is positive, even decisive, in many cases of torpor that accompanies certain types of poisoning (*Bouchardat, Annuaire de thérapeutique, 1847*). *The Lancet* (London, 1862) mentions a case of mushroom poisoning in which unexpected success was obtained with enemas of 100g of coffee repeated every quarter of an hour."

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From the email "Inbox"

A Note from Abram Hoffer

Dr. Abram Hoffer, Founder of the Journal of Orthomolecular Medicine, sent this interesting tidbit in an email the other day. We felt it worthy of repeating:

In the *Globe and Mail*, Toronto, the "Thought du Jour" in the column *Social Studies* by M. Kesterton he quotes Max Gluckman "A science is any discipline in which the fool of this generation can go beyond the point reached by the genius of the last generation"

Lets compare two branches of medicine surgery and psychiatry. The best surgeon in the world in 1900 would not be permitted to enter any modern hospital or operating room. He would need to take medicine and surgery first. However in psychiatry the best psychiatrist in 1850 obtained a fifty percent recovery rate depending only on shelter, good food and treatment with kindness and dignity. **The best modern psychiatrist using the most advanced drugs gets less than ten percent recovery.**

By Gluckman's definition psychiatry can not be said to be a science. Surgery might fit that definition. Perhaps that is why surgeons earn so much more money than psychiatrists.

— Abram Hoffer

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