

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

Ed May Does it Again!

Three Generations CD Now Available

by Howard Straus, Editor

Ed May, our wonderful award-winning NPR sound engineer from Haines, AK (yep, he's a good friend of Steve Kroschel) has intercut some portions of the Long John Nebel interview with Dr. Gerson, some sound clips of Charlotte Gerson speaking about suppression of the Gerson Therapy, portions of the *Medicine Kills* interview CD of your Editor, Howard Straus, and at least two patients speaking of their recoveries, and pressed a CD called *Three Generations*.

This CD is an historical document in that there is no other recording on which three generations of the Gerson family each add their personal perspective and views on the Gerson Therapy, conventional medicine, healing vs. medicine and what drives them in this great task. The patients' voices are icing on the cake, the reason for all we do.

Once again, this CD is available from the Gerson Institute. Please call the Institute for price and availability.

Difficulties We've All Faced

Starting the Gerson Therapy at Home

by Charlotte Gerson

Occasionally we have the great pleasure of visits by former patients at the Gerson Hospital. It is always an important encouragement to see returning patients and to hear of their improvements via the Gerson Therapy. But we must admit that we also hear some complaints, like "we were not prepared for carrying on at home," "we didn't know where or how to find the organic foods," "we didn't realize how much work is involved and that we needed help." These problem apply not only to people going home after a stay at the Hospital, but they also apply to patients who are starting the treatment at home, going "by the book."

We should like to help.

First of all, it is critical to have a source of organic food. When we started the hospital in Mexico, exactly 28 years ago, it was much more difficult to find organic food in faraway places. Today, many local stores carry organic selections, not necessarily because there are a lot of Gerson patients, but because the general public has become aware of the nutritional and health benefits of these items. They understand and appreciate the health values involved, but

they also appreciate the fact that organic food is much tastier than the empty, toxic foods we have been led to expect by our industrial farm system.

Once a source of organic food is available, it is extremely helpful if a family member, a close friend or neighbor is able to order certain essential organic food items to be delivered to be on-hand when the patient is expected back home. The patient's companion, or an 'at-home patient' should use their time to make a list of the essential materials: carrots and apples, the green juice items, vegetables and potatoes (and don't forget the organic coffee) along with the needed ingredients for soup, and some oranges make a good start. If you are lucky, an organic food market has a delivery service and you could simply order material to be delivered. Some of our patients have worked out arrangements to fax their order to the local organic grocery so when they go to pick it up, it has been all prepared and boxed and priced, ready for pickup when they arrive.

Of equal importance is the correct

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Now we can travel again

Healthy Highways — A Book Review

by Howard Straus, Editor

Gerson patients are not the only ones who feel trapped in place because of their particular eating habits and preferences. Vegetarians, vegans, people who prefer to support businesses and dining establishments that further sustainable agriculture and economy, organic food consumers, these are other groups of people who have painstakingly ferreted out the restaurants and groceries in their neighborhoods that support their food choices. The thought of a cross-country trip by car, however, conjures up visions of vast deserts dotted with occasional McDonalds and Pizza Hut atrocities, wastelands filled with obese, suffering people, starvation for hundreds of miles while desperately looking for a restaurant where the word "vegetable" doesn't evoke a puzzled look from the waitperson.

Gerson patient Gail Bacon and her husband Steve, traveling from California to visit relatives in Washington State, found a book that has become as indispensable for them on the road as a detailed atlas. Now, they won't even get in the car for a longer trip without it, and suggested we bring it to the

attention of our health-conscious readers.

Healthy Highways by Nikki and David Goldbeck (\$18.95, Ceres Press, Woodstock, NY, 2004, ISBN 1-886101-10-8) seeks to make travel a more health-friendly experience. They and their "Tripsters" have compiled a guide to eating well on the road that, though hardly encyclopedic, is far, far superior to having to search for a dining possibility when already tired and hungry from travel.

The Goldbecks have organized the 1,900 establishments in *Healthy Highways* by state, then alphabetically by city, so it is easy to locate a restaurant or health food store in a given location. State sections are preceded by maps with identifying arrows that point out cities travelers are not necessarily familiar with (e.g.: Riverton, WY or Malvern, PA). Each restaurant or food store is identified by name, address, telephone and a very brief listing of the services they offer, including organic food, vegan and vegetarian friendly food, alcohol, wait staff, eating area, etc. To "test" the thoroughness of the book, we searched for some cities we had visited (Haines, AK, San Diego, CA, Minneapolis, MN), and found the restaurants and stores we had painstakingly searched out while there, except in a matter of seconds rather than hours. Careful directions from the nearest interstate or major road are given for each establishment, and helpful little hints as well. In Monterey, CA, "don't miss the Aquarium." Hailey, ID has "one of the pre-



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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mier skateboard facilities in the nation." Who knew?

Of course, some states (CA, NY, FL) have far more healthy food sources than others (WY, NV, AK), which is to be expected. But, whatever state you are in, you can be confident that the primary sources of healthier nutrients are listed.

The maps and arrows identifying cities where there are resources make it a breeze to plan travel along routes and in increments that will take you from one supply location to another, without having to worry about ending up at dinnertime in a wasteland of fast-food and barbeque joints. There is a cautionary, however. Establishments of this kind are somewhat more ephemeral than normal, and it is a good idea to call ahead to the places you wish to visit to ensure that the store is still there, the hours have not changed, and the offerings are still as advertised.

There is another caution to be observed. Not all the places in *Healthy Highways* are appropriate for Gerson patients. About all Gerson Persons can use it for is as a guide to organic food stores. Still, *that alone* is a great boon when traveling. When used carefully, it is clear that *Healthy Highways* will be a tremendous help in maintaining a far healthier and more pleasant travel experience. We are actually looking forward to getting on the road and trying it out!

GERSON[®] HEALING NEWSLETTER

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Howard D. Straus, Editor

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NEWLY LICENSED CENTER; FRAMED CERTIFICATE AVAILABLE

The Board of Directors is pleased to announce the official licensure of a new Gerson Institute approved program—**THE WHOLE LIFE CENTER**. This three-bed learning center, under the direction of Donald Stillings, DC is located in a beautiful setting with private guest's suites and provides a spectacular view of the lake and surrounding mountains. Dr. Stillings is a Gerson-trained practitioner, who has a rich background in residential detoxification management. The center specializes in chronic pain syndromes, connective tissue disorders (arthritis, lupus), sensible weight loss and cancer prevention. The program provides the complete Gerson® Therapy and has a well-developed instructional program to facilitate the patient's

correct continuation of the therapy, upon returning home. Dr. Stillings is joined by his most capable wife, Jan and a team of Gerson trained Caregivers in the operation of this well-organized, comfortable facility.

Congratulations to these dedicated people for providing a badly needed service in our continuum of needs. For more information, contact the Gerson Institute or visit their website at: WholeLifeLearningCenter.org

We have recently received a limited number of replicas of the certificate presented to Charlotte Gerson at the Orthomolecular Medicine gathering in Ottawa, commemorating the induction of Max Gerson into the ISOM Hall of Fame, the first time ever that Dr. Gerson has been so honored by an international medical society. As a special gift, and while the very

limited supply lasts, we are offering this beautifully framed certificate to new donors of \$1,000 or more. If you have ever considered a donation at this level to the Institute, now is the time to contribute, and get this historical document for your own.

—Anita



Whole Life Learning Center

Helga Braun

25-year Survival after Partial Mastectomy

by Charlotte Gerson

The long-term recovery of Helga Braun is quite extraordinary and extremely rare in cases of breast cancer treated with orthodox therapies. We publish it here after looking on the Internet, in medical journals, etc., for statistics on survival of breast cancer. Generally it is assumed that survival is 26 years; but there are claims for longer ones. Helga's 25 years survival in good health is unusual.

Helga Braun's Story

Helga was born in February 1947. When she was 32 years old, she didn't feel well and detected a nodule in her breast. She went to see a doctor who ordered a mammogram which "showed nothing." He sent her home, saying that she was hypochondriac.

However, she still didn't feel right and felt deep down that there was definitely something wrong. She again visited the

doctor and again was told that she was just imagining things and that there was nothing wrong with her. Finally, on her third visit, she insisted that the doctor do a thorough study of the lump—which was still in her breast. When he finally agreed and did a biopsy, the tissue turned out to be positive for "medullary carcinoma."

Subsequently, her surgeon, Dr. John Baldwin at the Community Hospital in Monterey (California) did a partial mastectomy in 1979. This was followed by six weeks of 'standard' radiation.

But Helga had a good friend who suggested that she change her diet and lifestyle and gave her information on the Gerson Therapy. She followed the program carefully for one year and felt much better. She continues to follow the nutritional care that has done her so much good. She is extremely active at this time, more than 25 years after her surgery and radiation. Helga is a mixed-media collage artist, whose work has been shown in galleries in the northern California area where she lives. She also feels that her art work was an important factor in her recovery.

**Don't worry: The world
CAN'T end tomorrow!
It's ALREADY
tomorrow in Australia!**

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.

The Gerson Community Mourns the Loss of a Friend and Advocate Michael Gearin-Tosh, A Gentle Warrior

by Beata Bishop, reprinted from *Coffee 'n' Carrots*, with permission

It is with great sadness and a sense of shock that we have to report the sudden death of Michael Gearin-Tosh on 29th July 2005, from septicemia. Diagnosed in 1994 with "incurable" multiple myeloma, cancer of the bone marrow, he refused conventional treatment and embarked instead on the Gerson Therapy®, reinforced with adjuvant techniques.

Instead of dying within months, as predicted, he gradually rebuilt his health and lived a busy, active life for eleven years. In 2002 his book, *Living Proof - a medical mutiny* appeared and created enormous interest on both sides of the Atlantic, attracting high praise—and also sharp criticism from those who oppose any divergence from the orthodox path.

Michael was a classicist and senior fellow of St Catherine's College, Oxford, who wore his erudition and brilliance lightly. Above all, he was a lovable man with a gift for friendship; warm, funny, unflinchingly brave in the face of a life-and-death crisis, kind, but uncompromising in matters of principle and unwilling to suffer fools gladly (or oth-

erwise). He endorsed the Gerson Therapy and questioned aspects of orthodox oncology in the many lectures he was asked to give over the years, and counted several leading physicians and professors of medicine among his friends.

We reprint below an article that Michael wrote for the *Gerson Healing*



Prof. Michael Gearin-Tosh, 1940-2005

Newsletter two years ago, because it conveys so clearly his outlook, belief system and style. The fact that he had cured himself of a life-threatening cancer only to succumb to a serious infection makes this article particularly poignant, for it shows his total commitment to the Gerson Therapy, from which he never strayed, and which in turn didn't let him down.

Michael's death is a great loss that affects us on many levels. His story remains a shining example of faith, courage and endurance.

Michael Gearin-Tosh's article first appeared in the *Gerson Healing Newsletter*, Vol. 18, No. 4, July/August 2003. We reprint it here in honor of a dear friend and articulate supporter. — Ed.

GERSON HEALING NEWSLETTER - PAGE 4

Thoughts on the Gerson Therapy

by Michael Gearin-Tosh

Dr. Gerson wrote that many patients die simply of fear (see *Healing Newsletter* Vol. 17, Jan. 2002). What cancer patient is not afraid? And fear is destructive. As the poet John Donne wrote,

Oh, how feeble is man's power
That if good fortune fall
Cannot add another hour
Or a lost hour recall.
But come bad chance
And we join to it our strength
And we teach it art and length
Itself o'er us to advance.

We allow our fears to sabotage us. We encourage them. In this sense, we can kill ourselves.

Robert Kyle is the senior professor of my cancer, myeloma, at the Mayo Clinic. He writes in my book *Living Proof: a Medical Mutiny*, that "as a matter of fact, the patient who fights the disease does much better than one who does not. I have seen the latter literally curl up and die" (p.261). Dr. Kyle makes this comment in the context of faith: "I have seen many instances over the years in which a patient with a strong religious faith has done much better than expected".

Blessedly, I have always been a believer and I support the remarks on faith by the Rev. Gray Robinson in *Healing Newsletter* vol.17, Jan. 2002. Suppose, however, that you do not have the grace of faith. Or cancer has shaken your faith, and fears have grown. What then? And where is Gerson then?

In her marvelous new book on Stalin's Gulag, Anne Applebaum tells of a survivor of 18 years in the hell of the camps who, after the communist collapse, was allowed to see his KGB file. Afterwards he stood outside in "a fine, quiet rain" and thought

How terrible that I do not believe in God and cannot go into some quiet little church, stand in the warmth of the candles, gaze into the eyes of Christ on the Cross and say and do those things that make life

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From a Patient's Family

by Charlotte Gerson

The Gerson Therapy has proven itself over more than half a century with dramatic and exceptional results in the treatment of cancer. However, we readily admit that we are not able to save all the patients. About 85-90% of the patients we see at the Mexican Clinic arrive in 'terminal' condition. Of course, by definition, such patients are expected by orthodox medicine to die. We feel very fortunate that we are able to help an unusually high percentage (compared to other 'alternative' treatments) to long term recoveries. Yet we do lose patients.

There is still a huge advantage for patients we cannot save to use the Gerson Therapy. For one, they are almost always pain-free without drugs. They are able to eat and drink, rather than be nauseated by medications. They are alert and awake and are able to communicate, often to the very end, with their friends and family. This does not happen in conventional hospital or hospice arrangements where patients are more or less constantly under drugs in an attempt to control their pain.

The below letter illustrates this situation. The letter was received about two months ago by the doctors at the Mexican Gerson Hospital:

"Dear Dr. ...

"There are no words to express the gratitude my family and I have for your constant support and the endless effort extended during Bill's [not his actual name] bout with cancer. He and I always were very confident in having you to turn to. Although we were not able to keep Bill with us longer, there were so many blessings associated with his living all the extra months. Had it not been for Gerson Therapy, I don't think he would have made it more than three months—we had eleven wonderful months.

"Thanks so much for all your help! If need be, I'd do the Gerson Therapy all over again."

Gearin-Tosh article ...

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easier to bear for the believer ... I take off my fur hat, and drops of rain or tears trickle down my face.

I treasure the fact that the Gerson therapy keeps you busy. Dr. Gerson did not devise it for this reason. But the lethal helper of fear is sloth. Paralysis of will is the prelude to despair. But no Gersonite is slothful. You may be dazed by over-activity when it comes to juice 8 or enema 4 with the prospect of castor oil tomorrow. But sloth is not an option.

"The worst thing you can do is become an invalid," said a friend to me. He envisaged a decline into passivity. But he had no concept of the life of a Gerson invalid. We are nourished. And what of our enemies?

Non-believers in Gerson will laugh at my next point—but non-believers usually find things to laugh at. Enemas involve detachment. Sure, if your colon is playing up, you are aware of it. But this becomes the exception, not the rule. In this detachment, who does not find thoughts surfacing? New thoughts. Old feelings. New feelings. Instincts. Intuitions. Revisions.

Arthur Miller the great dramatist (even if better known as husband to Marilyn Monroe), writes about going back to his old university, Michigan. He finds that it is now bigger than when he was a student, richer and more organized. He is struck by the new buildings. "So what's wrong then?" he asks. The answer is this: "I have no proof for this, but I felt it many times in my

stay and I'll say it: I did not feel any love around the place" (*Echoes down the Corridor*, pp.20-21). "Some spirit had departed."

If you feel that spirit has departed from much conventional medicine, love remains in the Gerson Therapy. Love from Charlotte. Love at her clinic. Love to your whole being as you do the Therapy. And it is an abiding truth of spiritual life that we should never underestimate a seed of love. Of whatever kind, if truly love. Love is a dynamic.

Seeds grow.

And God is love.

(Is there a seed of love in the Gulag survivor's wish for a different possibility? "Things that are impossible with men are possible with God.")

We Gersonites also have hope through the Therapy in our cancer fears. Our faith is not battling in a ward where much might encourage patients to "curl up and die." Hope is the opposite of despair. Also, hope is no friend to sloth. Indeed, in medieval times, hope was often considered to be a prime theological virtue.

Michael Gearin-Tosh was an English Don (Senior Professor) at St. Catherine's College, Oxford University. He was diagnosed with multiple myeloma in 1994, and chose the Gerson Therapy to combat it. He wrote of his inspiring odyssey in *Living Proof: A Medical Mutiny*, published by Scribner in April 2002. Michael died of septicemia July 29, 2005, aged 65.

The Gerson Miracle on FSTV

As you will see in the "Gerson Events" listing on page 12, *The Gerson Miracle*, our prize-winning documentary, will be playing virtually all day long, *eight times*, on **September 25, 2005**. Free Speech TV is an independent network, not controlled by corporate interests or big media conglomerates, and is carried on Dish Satellite

Network (channel 9415) and on 140 community access cable TV channels in 28 states. The potential audience for each showing is in the neighborhood of 40 million viewers.

If you know anyone who could benefit from seeing this powerful statement, please let them know when and how they may view it. You will have to check your local cable provider to see if it carries FSTV.

Broadcast times (EST): **1am, 4am, 6am, 10am, 1pm, 4pm, 8pm, 10pm.**

Gerson Patients Beware!

by Richard Boger, Norwalk Juicers
Gerson patients are falling prey to scams online.

Anyone sending an e-mail entitled "Second chance offer" or "Question from an eBay member" is not an authorized eBay seller and has nabbed your information when you placed a legitimate offer on eBay. These fraudulent transactions have become commonplace. I personally spoke to two people who lost \$1,100 this way.

An article from the San Francisco Chronicle states: "As online auctions explode in popularity, more crooks are muscling in on the territory. Complaints about Internet auctions almost doubled in 2004. An eBay official said only 1 percent of eBay listings are confirmed to be fraudulent. Last year the company hosted 1.4 billion listings. (That means 14 million listings were fraudulent!) Some eBay watchers say the company does all it can to downplay fraud complaints because it doesn't want to scare customers away. "eBay is horrible," said Baldwin of TheAuctionGuild." To read the entire article go to: www.sfgate.com/cgi-bin/article.cgi?i=/c/a/2005/02/02/COMPLAINTS.TMP

There are many advantages to purchasing a new Norwalk that far outweigh the possibility of saving a few hundred dollars on a used machine. Many of the juicers bought on eBay come in to us for service or repairs from freight damage. Some people buy a juicer online and when they find it needs servicing they turn around and resell it. New Norwalks come with a 12 year parts and labor warranty. This warranty alone and the peace of mind that comes with it is worth hundreds of dollars. There is no warranty with any used Norwalks. A new Norwalk is fully insured for loss or damage when it is shipped. A Gerson Patient bought a three-year-old Norwalk online for \$1,500 and it arrived so damaged it was useless. This lady then had to purchase a new Norwalk from me, and asked that I tell other patients of her misfortune. Both individuals that I mentioned earlier who had been scammed had

received the same words of advice: "buy a new Norwalk, it's not worth the risk."

I have been working with Gerson Patients and providing their juicers for 20 years. It is heartbreaking for me that this is happening. When a patient purchases a Norwalk from me, I get personally involved if there are ever any problems.

New Norwalks can be purchased on a credit card so they can be paid off over time. Credit card purchases allow you to use a Norwalk for 30 days before requiring any payment. 30 days can be life or death to a patient.

We take pride in our juicers and we treat Gerson Patients as our top priority. You are taking a big risk buying a used Norwalk online. If it sounds too good to be true—it usually is. Please call us if you want to hear all the reasons to consider a new Norwalk or if you have been scammed online. 800-405-8423.

Message from eBay Member

Never pay for your eBay item using Western Union or MoneyGram I was recently scammed for \$1100 when trying to purchase a juicer. If you receive an e-mail telling you that the high bidder is not going to buy the Norwalk juicer and that you are being offered a "second chance" ...DO NOT BELIEVE IT...IT IS A SCAM...

[Note from your Editor: Richard Boger has been working with the Institute and with Gerson patients for a very long time. This is not just a job for him, it is his life. Richard is one of the most generous and genuinely helpful people on the face of the planet. We love him dearly, and would (and often do) trust him with our lives and the lives of our loved ones. This article is not a commercial gambit; Richard and the Institute are trying sincerely to protect our patients, who truly don't need another financial burden, like being ripped off. We have also spoken with people who have been victimized. — Ed.]

To Sell Their Drugs

by Scott Hensley and Barbara
Martinez, THE WALL STREET
JOURNAL Staff Reporters

July 15, 2005, NEW YORK — On a recent Wednesday evening, neurologist Lawrence Newman spoke to a dozen doctors in a private alcove off the soaring dining room of Guastavino's and made the case that migraine headaches are seriously underdiagnosed.

Migraine treatment "should be bread and butter for primary-care doctors," he told attendees at the midtown Manhattan restaurant. While patients might say they're having a sinus headache, there's a good chance it's actually a migraine and can be treated with a migraine drug, Dr. Newman said.

It was a message friendly to migraine-drug makers, and no wonder: The sponsor of the talk was GlaxoSmithKline PLC, maker of the best-selling migraine pill Imitrex. Glaxo picked up the tab for dinner, paid Dr. Newman a fee, supplied some of his slides, and scattered Imitrex notepads on the table.

Drug makers have seized upon an effective tool for getting their message across to doctors: other doctors.

Across the U.S., thousands of doctors such as Dr. Newman, an associate professor of clinical neurology at Albert Einstein College of Medicine, have signed up as part-time lecturers for drug companies. At small meetings, often over lunch or dinner, these physician-pitchmen tell their peers about diseases and the drugs to treat them, often pocketing \$750 or more from the sponsor. Dr. Newman declined to discuss his fee.

In 2004, 237,000 meetings and talks sponsored by pharmaceutical companies featured doctors as speakers, compared with 134,000 meetings led by company sales representatives, according to market researcher Verispan LLC of Yardley, Pa. In 1998, events featuring sales reps and physicians were about equal at just over

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The Ingredient Nonstick Pans Add to Food

by Marian Burros

July 27, 2005—The question of whether Teflon cookware is safe has moved from Web site chatter to the courtroom. But more than nonstick frying pans are under scrutiny these days. Scientists are examining the chemical makeup of other products like food containers to gauge their potential hazards.

In each instance, the substance being questioned is perfluorooctanoic acid, or PFOA. Studies have shown that PFOA causes cancer and other health problems in laboratory animals, and it is under scrutiny by the Environmental Protection Agency and the Food and Drug Administration.

A class action suit filed last week against DuPont in several states, including New York, charges that Teflon releases PFOA under normal cooking use and that the company did not warn consumers about its dangers.

DuPont says that while PFOA is used to make Teflon, none of it remains in the finished product, and all Teflon-coated cookware is safe.

The Environmental Working Group, a nonprofit environmental research and advocacy organization financed by foundations including the Rockefeller Family Fund and the Joyce Foundation, says items other than pans are likely to be the major sources of PFOA. But the group, along with many scientists, points out a different problem: an empty overheated Teflon-coated pan does pose a risk by releasing toxic fumes. DuPont does not dispute that, but there is no agreement between the company and Teflon's critics over what temperature releases the fumes. The Environmental Working Group says 325 degrees, or a medium flame; DuPont says 660 degrees.

DuPont tells consumers at its Web site that the fumes can injure pet birds and cause flulike symptoms in humans at "abnormally" high temperatures, a condition that the company says can last a couple of days. Other reports say that the fumes can kill birds.

While DuPont defends its Teflon products, other companies are looking into their use of PFOA.

Many Sources of PFOA

Several animal studies, including one by the Environmental Protection Agency, show that fluorotelomers, chemicals used in food packaging as well as in rugs and clothing, break down into PFOA in the environment and when ingested.

The Environmental Protection Agency began studying PFOA in 1999 and a draft report of its findings has been reviewed by an outside science advisory panel, which has said that PFOA is a likely human carcinogen. The E.P.A. disagrees and wants to describe it as a suggestive human carcinogen. The difference is important because if the panel's version is the final version the finding could call for a human cancer risk assessment. The final report will be released in the fall.

PFOA in our Blood

What troubles the agency, and the Food and Drug Administration, is that PFOA can be found in the blood of 90 percent of Americans, according to a study by the 3M Company. Of the 600 children tested, 96 percent had PFOA in their blood; its source is unknown. Unlike dioxin and a class of chemicals known as polychlorinated biphenyls, or PCB's, which have been banned as suspected carcinogens, PFOA does not break down, remaining in the environment indefinitely.

Fluorotelomers are used in microwaveable popcorn bags, in packaging for fast foods like sandwiches, chicken and French fries, as well as in packaging for pizza, bakery items, drinks and candy. They are also found in paper plates. There is currently no way for consumers to tell if packaging contains fluorotelomers. According to Tim Kropp, a toxicologist with the Environmental Working Group, "paper plates with a really glossy look probably don't use it."

The F.D.A. has looked at PFOA in microwaveable popcorn packaging and found that the chemical migrates to the oil from the packaging during heating. But George Pauli, associate director for science and policy in the office of food additive safety at the F.D.A., said the levels found in the microwave packaging are low. "We don't see anything at this time to say it's a safety issue," he said. "Food doesn't appear to be a major source."

Dr. Kropp countered: "Any amount of PFOA you are ingesting may be a problem because we don't know what levels are safe."

Julie DeYoung, a spokeswoman for Phoenix Packaging, a division of ConAgra Foods, said: "Studies on PFOA are preliminary, but we are taking the issue seriously and are talking with our paper suppliers about the issue. If the government tells paper suppliers to make changes, we'll support that." ConAgra makes Orville Redenbacher's and Act II microwave popcorn and private label brands.

For those who don't want to wait for definitive answers from the government, the Environmental Working Group has some suggestions: Use Teflon pans at lower temperatures, and never put them on the stove to heat without food or liquid inside. Greasy food that is heated in a microwave oven in a cardboard container is a potential source of PFOA; take the food out of the container and heat it in glass or ceramic.

For popcorn in the microwave, the group suggests the following: Place a quarter-cup of good quality popcorn in a standard brown paper lunch bag; mix with oil and seasoning; seal the bag with a single staple (one staple does not contain enough metal to cause a spark) and heat for two to three minutes. Alton Brown, who cooks on the Food Network, uses this method.

Another solution is to cook the old-fashioned way. If cast iron pans are seasoned and heated properly, very little oil is needed for browning. Chefs generally do not use nonstick pans because they do not think they do as good a job of cooking as cast iron and stainless steel, especially for browning.

Chemical Exposure in Utero ... and more

by Charlotte Gerson

From
<http://www.organicconsumers.org/school/newborns071505.cfm>

CHEMICAL EXPOSURE IN UTERO

"A new chemical study of umbilical chord samples from the American Red Cross has found that babies have an average of 200 known toxic chemicals in their blood, including mercury, fire retardants, pesticides and a chemical used in the production of Teflon, even before being born. The tests found that hundred of chemicals, pollutants and pesticides are stored in body fat over a lifetime and then pumped from mother to fetus through umbilical cord blood. Overall, chemical absorption can be reduced by eating organic foods, and by reducing exposure to toxins at home and work."

QUICK RELATED U.S. GOVERNMENT ISSUED FACTS:

The U.S. Centers for Diseases Control reports that one of the main sources of pesticide exposure for U.S. children comes from the food they eat.

According to the Food and Drug Administration, half of produce currently tested in grocery stores contains measurable residues of pesticides. Laboratory tests of eight industry-leader baby-foods reveal the presence of 16 pesticides, including three carcinogens.

According to EPA's "Guidelines for Carcinogen Risk Assessment," children receive 50% of their lifetime cancer risks in the first two years of life.

In blood samples of children aged 2 to 4, concentrations of pesticide residues are six times higher in children eating conventionally farmed fruits and vegetables compared with those eating organic food.

TV: SHRINKING KIDS' BRAINS

Three new studies reviewed in this month's issue of *Archives of Pediatrics and Adolescent Medicine* show that the more time children spend watching television, the poorer they perform academically. One study was conducted at John Hopkins

University, another in New Zealand, and a third at the University of Washington, wherein, over the course of a decade, 1,800 children participated in the study. Researchers found television leading to poor cognitive development, while access to a computer at home resulted in increased academic performance.

On a more positive note:

Quick Tidbit:

Woodbury County, Iowa, has become the first in the nation to offer tax incentives to organic farmers. County Supervisors approved \$50,000 for helping farmers convert from conventional to organic agriculture. "We think domestic (organic) food manufacturers are going to want a reliable domestic supply," said Woodbury rural economic director Rob Marqusee. "We know that people are making money. It might as well be us, too."

Another Letter from the Mailbag ...

Dear Charlotte,

Thank you for your reply. Poland is very new to the concept of organic farming and Health foods. Watercress and Swiss chard are not grown.

I purchased seeds from the UK and am growing them, so I can now include both in my diet.

My lymphoma was caused by using the biologic/drug ENBREL. It caused five cases of lymphoma in its clinical trials and the FDA still allowed it onto the market. As a biologist I know what havoc it caused in my body.

That said, I have not felt so well in years. Ironically, the condition for which the Enbrel was prescribed (Reiter's syndrome) has disappeared while I have been following the Gerson Therapy. My energy level is very high and all 27 tumors are shrinking.

-T.M.

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To Sell Their Drugs ...

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60,000 each, Verispan says.

The growing use of talks by doctors comes as drug makers face criticism over other sales tactics. Direct-to-consumer advertising has drawn fire and some companies are voluntarily restricting the practice. The industry's nearly 100,000 salespeople in the U.S. are facing resistance from doctors who complain about being besieged in their offices. Drug maker Wyeth plans to cut its main sales force, which calls on primary-care doctors, by as much as 30% this year.

Companies formerly carried favor with doctors by taking them on free golf outings or filling up their cars with a tank of gas in exchange for listening to a sales pitch. But a voluntary marketing code adopted by the largest drug companies three years ago barred such inducements.

Hiring a doctor as a speaker and providing a free meal for the attendees is still acceptable — and, data suggest, highly effective. An internal study done by Merck & Co. several years ago calculated the

"return on investment" from doctor-led discussion groups was almost double the return on meetings led by the company's own sales force.

Drug makers and the doctors they sponsor say the talks are educational. Dr. Newman, the speaker at the Guastavino's dinner, said he refuses to give talks centered on a single drug or those he considers promotional. When one doctor at the dinner interrupted with a question and said the talk was really about Imitrex, Dr. Newman smiled and disagreed. He said doctors should choose a medicine to match their patients' condition, then rattled off the generic and brand names of Imitrex and six rival drugs.

Dr. Newman said he gives about three industry-sponsored talks a month, usually during the day rather than at dinner. He said he tells pharmaceutical companies, "Your job is to sell the drug and my job is to educate."

Mary Anne Rhyne, a spokeswoman for Glaxo, the second-largest drug maker, says: "The purpose of these events is to share information with health-care professionals

about disease, diagnosis and treatment, including the use of our medicines." Glaxo makes no secret of its sponsorship of the events: Its sales representatives give out written invitations with the Glaxo name on them. (End of Part 1)

This article will be continued in the next Healing Newsletter, as it is an important one. The public should be made aware of the numerous conflicts of interest between physicians and pharmaceutical companies, few, if any of them resolved in favor of the patient.

Do you find the information in The Gerson Healing Newsletter useful? If so, why don't you share it by giving a gift subscription to someone you love? They'll know you care!

Starting Gerson Therapy ...

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juicer. From the *Gerson Therapy* book and the information available at the Gerson Hospital, you will see that the right kind of juicer "grinds and presses" the material in two separate operations. This is extremely important. The best juicer we have found for this purpose is the Norwalk Juicer, though there are other juicers that can also be used for healing.

The sources for the Norwalk juicer in California or sources for other effective juicers are available from the Gerson Institute.

PLEASE BE CAREFUL: We have discovered a vicious scam where the crooks use the Internet. Some patients, in an effort to reduce their initial cash outlay, have tried to purchase used Norwalk Juicers on eBay, and ended up without their money, and with no juicer. [See *Gerson Patients Beware!*, p. 6, this issue.]

Next, don't forget that the Gerson Therapy is work intensive. It is just about a full time job for one person to prepare all the foods and juices. Under no circumstances should the patient do the work to prepare all the required items. If they do, they get almost no rest and WILL NOT HEAL! Rest is an important element of healing! So it is wise to arrange for a helper, possibly even before returning home. If a family member is available, so much the better. If no family member is available, hire help, see if some neighbor is available to help, a high school student looking for a job, but don't count on doing it yourself!

The health of the patient's caregiver can become a problem. If that person, often a spouse, feels that they, too, would benefit from the Therapy (which they would!) and would like to do the Therapy for themselves along with the patient ... **BE CAREFUL!** Of course doing the Gerson Therapy will improve the health of the caregiver. But, what happens if (or when)

BOTH patient and caregiver are in a healing reaction at the same time, and neither is able to do the work, prepare juices and enemas, etc. For that reason, I have been asked to suggest a 'less intensive' therapy for the caregiver. Actually, the 'less intensive' or maintenance therapy can be found in *The Gerson Therapy* book. If the caregiver drinks only 3-4 juices a day, perhaps only one enema, s/he will still benefit, but will not experience the potentially incapacitating heavy healing reaction like the flare-ups the patient experiences.

Because each individual's difficulties with the practical side of the Gerson Therapy are not unique, we would like to invite our readers to send in their questions and/or problems so we can answer them for the benefit of all patients. We'll try to answer them as promptly as possible. Please remember however that the *Healing Newsletter* only comes out every other month.

And Happy Healing!