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The Other Shoe Drops Vicious Attacks on Prince Charles

by Howard Straus, Editor

Many of you will remember that on June 24, 2004, Prince Charles, heir to the throne of England, made a speech to the Royal College of Obstetricians and Gynaecologists, in which he mentioned the Gerson Therapy (by name) favorably, and called for more research along any avenue that indicated good results, no matter where it might lead (*Newsletter* Vol.19, No. 5, Sep/Oct '04). This is the attitude of a true scientist, though Prince Charles is not a professional scientist.

The very mention of the name "Gerson," let alone a favorable notice, sent the medical/pharmaceutical cabal into a lather, especially being mentioned from such a "bully pulpit." The smear campaign started immediately, and lasted for a couple of months before the detractors realized that there is no such thing as bad publicity. The Gerson Institute was getting more inquiries and telephone calls than ever before, due to the worldwide anti-Prince-Charles propaganda from the pharmaceuti-

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Mary Harrington – Nine Year Recovery From Melanoma with Liver Metastases

by Charlotte Gerson

Born in 1956, Mary was diagnosed in January of 1996 with melanoma. Her original tumor was found to have invaded her vaginal wall and surgery removed many of her muscles and tissues. Of course a biopsy was done and confirmed melanoma. She even had a colostomy since muscles were missing.

She was given 25 radiation treatments along with four months of Interferon. She states that the Interferon really made her sick. During the treatments it was discovered that the cancer had spread to the liver. Her oncologist said that she had three to six months to live but with chemo, and if she responded to the right type of chemo, she could possibly live up to nine months. The oncologist made this statement with little enthusiasm.

Meantime a friend, Scott Byrum, searched for answers to her problem. He found the Gerson Therapy on the Internet, spoke to some recovered patients and Mary decided to go to the Mexican Gerson

clinic. She arrived in November of '96, in poor condition. She had lost weight during the Interferon treatments, had much pain in her stomach, had loss of hair and was unable to even take vitamins or supplements. She was very depressed.

Her condition improved during the two

weeks she spent at the hospital and she even gained four pounds. She felt stronger and hopeful and had a new positive and determined attitude. A good part of the reason was her great experience at the hospital. The doctors and staff were very encouraging and helpful and she

and her husband learned a lot about the Therapy. She continued the treatment at home, in spite of her oncologist's warning against coffee enemas. 10 months later (in September, 1997) her scan showed "clear". To this day, Mary's oncologist refers to her as his "amazing patient." She says that she is his "only stage four melanoma patient that has survived."



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Prince Charles Attacked ...

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cal industry and oncologists.

When they realized that their smear tactics were having the opposite effect than they desired, the opposition toned their hysteria down some. But we knew that the game was not over.

Now, the other shoe has dropped.

On December 5, 2005, the Canadian Broadcasting Corporation (CBC), Canada's national broadcasting company, ran a documentary called "The Madness of Prince Charles." In this smear piece, they made several points, both explicitly and implicitly. Among them:

(1) The documentary's title mimics the title of a movie named "The Madness of King George," regarding the mental instability of King George III, England's ruler during the American Revolution. The obvious implication, of course, is that mental instability runs in the family.

(2) The statement was made that Prince Charles had been waiting to assume the throne for 56 years, and the very length of the wait had probably driven him to the edge of his sanity.

(3) The results of Charles' supposed slide into mental incompetence were that he espouses such "alternative" medical methods as the Gerson Therapy, which depends on "liquidised" fruits and coffee enemas, and that, for some unknown and clearly misguided reason, he mistrusts sci-

ence and has lent support to a campaign against GMOs (genetically modified organisms).

This appears to be one of the first salvos in a carefully orchestrated transatlantic attack on Prince Charles by the medical/pharmaceutical and genetic engineering profiteers, who appear to be doing their best to discredit him, perhaps to the point of rendering him incapable of ascending the throne at such point as his mother becomes incapable of occupying it.

Your editor identifies with Prince Charles on several levels, of course. Being under constant slanderous attack from the lethal pharmaceutical industry is just one of these. Another (I am told) is that our fathers attended the same high school in St. Gallen, Switzerland, during the runup to WWII, and *knew each other*. A third, more obvious identification is that we are both expecting to take over the family business when called upon by our famous and powerful mothers, and have both been training to do so for many years. Your editor, however, has not (yet) been accused of having been driven crazy by the extended wait! We imagine that is just a matter of time, however.

Keep your eyes open, and read any of the pharmaceutical/medical/GM propaganda with a critical eye. There will be more coming, mark our words. These industries (and you may be sure that more will join the slander) are protecting a multi-trillion-dollar annual income stream, sufficient motivation for all kinds of mischief by very clever spin merchants. If you see anything along that line, please let us know at hdstrauss@sbcglobal.net.

Joan Rivers

In an interesting and *perhaps* related note, comedienne Joan Rivers appeared on the ABC-TV talk show *The View* in early December, having just returned from

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Mary Harrington ...

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Her friend Scott went through all her treatment and through the whole experience with her. He drove her to the Gerson Clinic, called her during her stay and many times at home later. He talks with many people about it and has even sent his mother there for treatment.

Mary remains well now nine years later. She stays close to the Gerson Therapy. Her story was written up in a book about 50 recovered cancer patients, *I beat Cancer and how I Did It*, published by Awareness Publishing.

She has graciously permitted the Gerson Institute to give her name and phone number to other patients who inquire about her experience with the Gerson Therapy.

England, where she *might* have seen Charles, reputed to be a good friend. On two separate occasions, when the panelists commented on how well she looked, she said that she was taking coffee enemas, and how beneficial they had been to her health and well-being.

Could she have been positively influenced by her friend?

We offer Prince Charles our heartfelt support, our sympathy, and our encouragement, plus any information we can give him to support his highly principled stand against some of the most profitable and corrupt industries on the planet!

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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HAWAII CENTER LICENSED, VIDEO CAREGIVER COURSE FUNDED

We continued to have good news the remaining months of 2005. We have officially licensed a new clinic on the Big Island in Hawaii, outside Hilo (see picture below). Nicole Baylac, ND, Founder, completed our Gerson training in October 2002 and brings a wide variety of experience to this program. She recently was joined by Kayla Smith, ND, former Medical Director of the Gerson clinic in Sedona, AZ. This small operation provides excellent hands-on education in all aspects of the therapy as a part of their treatment program. Please visit our homepage at www.gerson.org and click on the Hawaii Gerson Retreat Center to learn more about this lush tropical based program. Congratulations to Dr. Baylac and her staff.

The Gerson Institute received a grant from the Carol and Kent H. Landsberg

Foundation, Santa Monica, California for production of our on-line Caregiver Course. We are very grateful for their generous contribution. The course will consist of a series of interactive modules, video presentations and original audiotapes of Dr. Gerson and Charlotte Gerson. The course will culminate in a student certification exam, along with at home requirements to experience the therapy and completion of the minimum reading requirements. This 2.5-day course is so popular that the Institute has offered it to overflow groups four times during the past year, including one course in Vancouver Island, Canada. Caregiver assistance is a vital part of the recovery process of our seriously ill patients. In the past year, we have doubled the number of Approved Caregivers.

As we look forward to 2006, we set our sights on continued growth and openings

of new Gerson clinics internationally (Japan will be the first!), expansion of our companion, caregiver and licensed medical personnel training programs to include advanced training seminars for our medical practitioners, long-term follow up studies of recovered patients, and the opening of the Charlotte Gerson Health Restoration Center. To these ends, we will continue to expand our board membership and Institute staff, increase our grant application and fundraising activities, add to our presence around the world, via the Internet and creative media exposure from Free Speech TV. All of these activities are threads on the loom, ever strengthening our mission to ensure the continuation of Dr. Gerson's healing legacy.

We close one year and open another in the celebration of life ...

Anita

Newly Launched:

Planned Giving Program

by Diane Ake

Have you ever thought of including the Gerson Institute in your estate plan?

The Gerson Institute has launched our Planned Giving program, including:

1. Life Income Gifts—Charitable Gift Annuities, Pooled Income Funds or Charitable Remainder Trusts

- All provide a guaranteed fixed income for life for 1 or 2 designated individuals.
- You can receive an income tax charitable deduction.
- The remaining assets will support the Gerson Institute.
- Can be done with cash or mar-

ketable securities.

If appreciated assets are used, you may not be subject to capital gains taxation.

2. Gifts of Real Estate, e.g. home, vacation property

- The donor retains the right to live in the property for the remainder of their life.
- You can receive a charitable deduction for the full fair market value of

the property.

- Can permit you to avoid capital gains tax on the transfer.
- The property passes automatically to the Gerson Institute.

3. Gift by Will or Living Trust

Contact Diane Ake at the Gerson Institute for more information on how you can help us to achieve our mission through Planned Giving at (619) 685-5353 ext. 109, or toll-free at (888) 4-GERSON. Email: dake@gerson.org



The Hawaii Gerson Retreat Center on the Big Island, outside Hilo, HI

Vioxx Comes Home to Roost; Chemo Discontinued for Breast Cancer Big Pharma Suffers Multiple Blows

by Charlotte Gerson

The first half of December of 2005 produced several serious 'hits' on huge, wealthy pharmaceutical corporations. One of those was Merck & Co. We published some of the serious reports of deaths that came out after Merck & Co. withdrew their big money maker, VIOXX® in October of 2004. [See our *Newsletter* Volume 19, No. 6 of Nov/Dec 2004, titled "Prescription for Mass Murder"] Initially, it was estimated that some 28,000 persons who had been medicated with VIOXX died of its side effects. Later estimates placed the number in excess of 55,000! Naturally, Merck was flooded with lawsuits resulting from this disaster, at latest count over 7,000 suits and a total potential liability of over \$50 billion! (The FDA has still not taken any action against Vioxx or Merck in this matter. In stark contrast, less than 70 deaths worldwide over three years have prompted President Bush to spend over \$7 billion on Temiflu, a vaccine patented by Gilead Sciences Inc., whose former Chairman and largest stockholder is ... Defense Secretary Donald Rumsfeld!)

FDA submission falsified

One of the first suits that came before the courts, 'a product liability case' was brought in Whitehouse Station, NJ. In this case, the court decided in favor of Merck & Co. However, that is not the end of the story. In the course of a subsequent case, the lawyer was able to locate a document showing that Merck had falsified their submission of tests to the FDA. They were aware that in the course of testing the drug VIOXX, three patients had died of the side effects. This information was (criminally) eliminated from their original report!

This changes the outlook against Merck in the Vioxx lawsuits brought against the company, and is also likely to change the verdict of the New Jersey case since 'new information' can be presented. Meantime Merck has had to lay off some 7,000 employees, and Merck shares on the stock market have dropped sharply. **SAVE YOUR**

SYMPATHY: Merck boasted of \$2.5 billion worldwide Vioxx sales in 2003 *alone*, prior to their withdrawal of the drug from the market in October 2004.

Chemotherapy widely discontinued

Vastly more important is the latest news which appeared on December 10th, 2005 in an article by Marilyn Marchione, AP Medical Writer, headlined "Fewer Breast Cancer Patients to Get Chemo." As informed Gerson supporters know very well, we have long known of the terrible dangers and deaths caused by chemotherapy. However it has been a huge income producer for the pharmaceutical industry as well as for oncologists, and nobody dared speak out against it. The politics behind this scam are thoroughly described by Dr. Ralph Moss, in his book *The Cancer Industry, Unravelling the Politics*, (Paragon House, New York, copyright 1980)

"Poison them"

Marchione's article starts with a shocking statement: "For years, doctors have known exactly what to do with breast cancer patients like Eva Ossorio: Poison them. Blasting women with toxic chemicals was the *best way to save their lives*. [Italics mine]

"The bigger the cancer or the more it had spread, the more vile liquid doctors pumped into their veins to try to kill it. But there's been a sea change in the last year."

This news apparently developed at a conference in Texas this past week (Dec. 10th) along with guidelines recently adopted in Europe. Guidelines proposed under the 'new rules' recommend that treatment for women with breast cancer be determined by whether or not the breast cancer is stimulated by hormones. In other words, whether the cancer is a positive hormone receptor or not.

Reverting to breast cancer patient Eva Ossorio, a 62-year old nurse in San


Antonio, her doctor was going to treat her with chemotherapy. She responded, "I don't care if I die tomorrow. I decided I didn't want chemotherapy." Her doctor ordered for her to be tested because he thought that the tests would convince Ossorio to take chemo. However the test showed that "the chemo she formerly would have been given for her relatively large tumor was very unlikely to help and would only have done damage.

Marchione continues, "Women have reason to dread [chemo]. Chemo is a sledgehammer, killing all rapidly dividing cells whether they are out-of-control cancerous ones or healthy ones that naturally grow quickly, like those lining the mouth and stomach." [She omits the more important cells: the red and white blood cells, manufactured in the bone marrow, including the immune system.] "That is why chemo causes hair loss, nausea and mouth sores."

Finally, the truth comes out, they are admitting that "... the worst part is, [chemo] only helps about 15 percent of those who get it after the usual surgery to remove their tumors. Roughly 25 percent get worse despite [or more likely, because of] chemo. A whopping 60 percent would have been fine with hormone [treatments] alone."

Dr. Robert Carlson, a Stanford University physician who led the U.S. guideline-writing group, stated "We are trying to determine if the *benefit is so small that we should not be recommending chemotherapy*." [Italics mine.]

Don't 'shock' Big Pharma

The huge pharmaceutical industry earns tens of billions of dollars on the worldwide use of chemotherapy for all cancers. In order not to "shock this industry too much," [forget the patients' welfare, of course] the doctors, meeting and discussing the 'new guidelines,' have suggested hormone treatments instead of the former chemotherapy. These may temporarily relieve the tumors but are no more curative than chemo. True healing still requires restoring the body's defenses and rebuilding the organ systems, both requirements completely beyond hormone therapy! 

Cholesterol-Lowering Drugs and Cancer

by Shane Ellison, M.Sc. (Source: www.HealthMyths.net)

The use of cholesterol-lowering drugs for the prevention of heart disease may increase your chances of suffering from the pandemic killer known as cancer. Few doctors are aware of this real and present danger.

Well-designed studies have shown the link between cholesterol-lowering drug use and cancer. In a study published in the *Journal of the American Medical Association (JAMA)*, Thomas B. Newman MD, MPH and co-workers show that all cholesterol-lowering drugs, both the early drugs known as fibrates (gemfibrozil, gemfibrozil) and the newer drugs known as statins (Lipitor, Pravachol, Zocor), cause cancer in rodents at the equivalent doses used by man.

The extrapolation of evidence of cancer from rodent to human is very uncertain. This is the argument of those in favor of using cholesterol-lowering drugs. The argument would only be plausible if human studies also showed an increase in cancer rates. And in fact, that is what scientists are finding.

Evidence from the cholesterol-lowering drug trial known as CARE (Cholesterol And Recurrent Events) showed that Pravachol™ (a cholesterol-lowering drug made by Bristol-Myer Squib) reduced the chance of suffering from a heart attack by an absolute reduction rate of 1.1%. This miniscule benefit was accompanied by a 1500% increase in breast cancer among women taking Pravachol. An increase in cancer rates among Pravachol users was also shown in the drug trial known as PROSPER.

It is rare that cancer would show up in most other cholesterol-lowering drug trials. Drug company-funded studies for these drugs are conveniently short in nature, typically 5 years or less. It can take decades for cancer to develop. Consequently, cancer is rarely seen among test subjects. In fact, even heavy smoking will not cause lung cancer within 5 years. Yet it is a well-known fact that smoking leads to lung can-

cer. Therefore, as long as statin drug trials last only 5 years, this side effect will continue to fly below the radar.

If cancer were to show up as a negative side effect, there is concern whether or not it would be reported. The British Medical Journal (BMJ) has reported that of 164 statin drug trials reviewed, only 48 reported the number of participants with one or more negative side effects caused by the drug.

As if in recognition of this, attempts have been made to warn the public. Dr. Gloria Troendle, deputy director for the Division of Metabolism and Endocrine Drug Products for the FDA, noted that the cholesterol-lowering drug, gemfibrozil, belonged to a class of drugs that has repeatedly been shown to increase death rates among users. Moreover, Dr. Troendle stated that she does not believe the FDA has ever approved a drug for long-term use that was as cancer causing at human doses as gemfibrozil. Elizabeth Barbehenn, PhD, concluded to the FDA, "fibrates must be considered as potential human carcinogens and their carcinogenic potential should be part of the risk benefit equation for evaluating gemfibrozil."

Historically, FDA advisors were reluctant to approve the cholesterol-lowering drugs. When asked to vote whether or not gemfibrozil should be approved for the prevention of heart disease, only 3 out of 9 members of the FDA advisory committee voted in favor of approval. Unfortunately, these votes are only "advisory" and the FDA decided to approve gemfibrozil for human consumption against the better judgment of the committee.

One mechanism by which cholesterol-lowering drugs may cause cancer has been identified. Published in *Nature Medicine*, Dr. Michael Simons of Beth Israel Deaconess Medical Center in Boston shows that statin drugs mimic a substance known as vascular endothelial growth factors (VEGF). The biochemical VEGF promotes the growth of new blood vessels, a process

known as angiogenesis. While angiogenesis may help the growth of arteries, the benefit is quickly negated by the potential for growth of cancer. The *British Journal of Cancer* reports that VEGF plays an important role in the spread of colorectal cancer. Further, for those who already have tumors, VEGF and compounds that mimic VEGF significantly diminishes that person's survival time.

Benefits associated with cholesterol-lowering drugs do not exceed risk. Looking at the "statin-drug trials," only two of the many cholesterol-lowering trials prevented all-cause death rates when compared to a placebo. The Long Term Intervention with Pravastatin (Pravachol™) in Ischemic Heart Disease (LIPID) trial showed a contemptible 3.1% reduction in absolute total mortality rates. Similarly, the 4S trial showed a minimal 3.3% reduction in absolute total mortality rates among those taking 20-40mg/day of Zocor™. These numbers may be "statistically significant," yet the low percentages conclude that the statins have little clinical benefit to users.

USA Today reported that, "Statins have killed and injured more people than the government has acknowledged." Oblivious to their dangers, medical doctors are calling cholesterol-lowering drugs the "new aspirin" and are even recommending that children be prescribed cholesterol-lowering drugs. This is a great example of how marketing hype supersedes medical science.

Health and longevity was not meant to be risky, complicated or expensive. To attenuate the risk of using cholesterol-lowering drugs while preventing heart disease, the general public must utilize healthy lifestyle habits. Most notably, that would be the act of removing highly processed food, especially sugar, from the diet. This will prove to be simple, effective and most affordable.

About the Author

Shane holds a Master's degree in organic chemistry. Abandoning corporate drug making, he is now a consultant to the nutritional supplement industry, and a proud husband and father.

Enthusiastic Irish Audiences Welcome Gerson Therapy

by Margaret Straus

Before Francesca and I left for our very first trip to Ireland, where we were scheduled to give four lectures and recitals for the College of Naturopathic Medicine (CNM), I thought it would be wise to check on the Internet to find out what kind of health problems were most widespread among our hosts. My image of Ireland was somewhat out-of-date to say the least, a rather pastoral scene with farmers growing and eating their own healthy fare, potatoes of course, vegetables from the garden and the apple tree in the back yard. I certainly wasn't prepared to learn that Ireland is not only fully fluoridated, but has the highest rates in the British Isles and Ireland for colon and skin cancer, as well as mounting figures for childhood diabetes and breast cancer. Since joining the European Community, industry and prosperity have arrived in a big way. Classified as a developing region, the country has "benefited" from enormous community investments and subsidies. The price for prosperity has been high, however, bringing heavy dairy and meat consumption, junk food and a powerful pharmaceutical industry. We all knew about Guinness, of course, the famous dark brew whose symbol is a Celtic harp, a mirror image of that of Dublin. These two entities, Dublin and Guinness were strongly linked from as far back as the 18th century, and it is only recently that Guinness has stopped being promoted as a food, not to say a medicine (and, I may add, become fluoridated).

It was clear that a proponent of the Gerson Therapy would have plenty to say to the inhabitants of this lovely grassy country where, I was told, it sometimes rains and sometimes pours. We were ready.

I will be eternally grateful for my first day in Galway. To everyone's amazement the sun was shining and the splendor of the ocean front walk, with its rock jetties and little beaches so clean and well-kept, took our breath away. It actually started raining

the day we left, so no complaints in that department. We were driven to Galway from Shannon airport by our charming host Luc Roelens, Senior Consultant of the CNM, whose discreet and efficient presence was to be decisive in making the trip a success. Already in the car he had arranged a radio interview for me, which went very well. As soon as we reached Galway, Luc made sure our lungs were aerated with a beautiful walk and then brought us to the lecture hall in a sports center next to the hotel. The odor of chlorine from the pool was dizzying and we joked that we would



Margaret Straus Lectured in Ireland

make sure the public knew this would be their last dose of chlorine after they heard what I had to say about it. At the beginning of the talk we had half the number that eventually wandered in. This is not surprising in Ireland, which has only 100 miles of motorways, the rest of the country criss-crossed by narrow, meandering two-lane country roads that are eternally jammed. It can take you two hours to drive 50 miles. So the Irish never talk in distances, they talk in hours it takes to get from one place to another and that is always approximate. No wonder there was a heliport on the

front lawn of the hotel. Helicopter is the only way to get somewhere in decent time.

We were very satisfied with the public response in Galway and Francesca DeGo performed a superb program of pieces for solo violin, from the Bach First Sonata, to Paganini Caprices nos. 16 and 24, to the incredibly difficult Third Sonata or Ballade by Eugène Ysaÿe.

The next day we did some visiting in Galway, a quaint little seaside town that boasts its own Clinic of Holistic Medicine and at least two Gerson trained naturopaths. Ursula McFadden, the clinic manager, showed us around the neat, miniscule day clinic. Bruce W. Du Vé who trained with Charlotte Gerson in California, and reveres her as "the world's best naturopath," showed up at my seminar in Dublin and brought a Norwalk juicer that we were very lucky to demonstrate to the students.

Then we were off again around the coast from the west to the southern coastal town of Cork, stopping on the way in Limerick to pick up all the boxes of books that had just arrived from America. More long stretches of pasture with contented sheep and cows scattered for as far as the eye could see. Shades of a strong dairy and meat industry, but I also thought of all the lovely Irish woollies.

Our talk was to be in a beautiful hotel in Cork. The lecture room was elegantly fitted and we had plenty of room for our now abundant supply of books. I had got properly into gear and with the "luck of the Irish," I found there was a recovered breast cancer patient in the audience. After my talk I asked her to speak, and that was a wonderful occasion. She had been given chemotherapy but was in very good shape and bringing up the two children she had so feared she might have to leave. I asked her to write up her story for the *Newsletter* so I hope you, too, will be reading about her soon.

The next day we were off very early for Dublin, about a six hour drive from Cork. We arrived just in time to change and get to the College where we would be appear-

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Seldom Helpful, Often Harmful

The Great Flu Vaccine Hoax

by Charlotte Gerson

In late September, there was suddenly a blockage of the usual vaccine producer and the supply of flu vaccine was literally cut in half. The public was plied with scare tactics, and only 'the elderly, chronically ill, or very young' were going to receive the rationed flu shots.

Many people were duly alarmed, and this alarm was supported by the media. People went to doctors who had managed to obtain some vaccine, paid high prices to receive this perceived 'protection' against the expected flu and felt relieved.

A physician by the name of Robert Rowen, MD sent out a report with the above title, giving the following pertinent facts:

FACT: The flu vaccine protects against a few specific strains, and there's no way to know if they'll be the same strains you'll be exposed to this season.

FACT: The Centers for Disease Control (CDC) admit that the virus strains chosen for the vaccine are nothing more than an 'educated guess.' And the CDC's own studies show that flu vaccines fail to work as much as 84% of the time.

FACT: In 1997, the FDA's Chief Vaccine Control Officer stated "There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza."

FACT: In Japan, a study found no difference in death rates between people who were vaccinated and those who weren't. This caused the government to end its vaccination program. Two years later, the incidence of the flu had not increased."

Dr. Rowen continues: "Now if it were just a matter of questionable effectiveness, I'd tell you to get a flu shot anyway, just to be safe. But the problem is that in addition to being ineffective, the flu vaccine can also be downright dangerous!

"For example, did you know that the vaccine contains formaldehyde, the embalming fluid that's a known carcinogen? It's true! The makers of the vaccine don't want to give you a live, active form of the flu virus ... so they kill the virus with formaldehyde!

"But that's just the beginning: in addition to formaldehyde, the flu vaccine also contains aluminum and mercury, two heavy metals that have been implicated in a whole range of neurological disorders from Alzheimer's Disease to autism."

The good doctor goes on to more items warning about taking vaccines. What about the huge scandal of the "Swine Flu" vaccine of the 1970's? Among other things, it also caused Guillain-Barre Syndrome, a severe paralysis. The US government (that's you and me, folks, *not* the vaccine manufacturers!) paid out over \$90 million in damages to people who developed Guillain-Barre!

So, what should you do? The most important item is to strengthen your immune system with fresh, living foods, organic juices, especially carrot/apple juice; keep all your body systems in the best of function — including detoxifying with coffee enemas. In other words, get as close to the Gerson Therapy, with organic foods, avoiding toxic substances and keeping well! The government also urges frequent washing of your hands. Sure, why not?

FSTV Plays The Gerson Miracle 13 Times

by Howard Straus, Editor

The tremendously gratifying results of Free Speech TV (FSTV) showing *The Gerson Miracle* in September and October have been that our clinics have gotten many patients, book sales have increased, and the Gerson Institute website (www.gerson.org) has received in excess of 1.5 million *extra* hits. FSTV liked the film so much, they used it as a gift for their pledge drive (they are completely listener-supported), and got tremendous response to their offer. We look forward to another seven months of showings, and will alert our members as soon as we hear of a rebroadcast.

Billions in TV Ads net Big Pharma ...

A 9% Credibility Rating

by Tim Bolen, Consumer Advocate (www.bolenreport.net)

Saturday, December 10th, 2005

In 1999 "*Big Pharma*" went to the US Food & Drug Administration (FDA) and got permission to advertise drugs, drugs, and more drugs directly to the American consumer. Their intent, as it became obvious, was two things: (1) sell more drugs to the American consumer, and, (2) control the media, especially US television.

TV network news, it appears, got the lion's share of advertising dollars. I estimate that 55% percent of all advertising during the News Hours are paid for by "*Big Pharma*." More, about a third of the entire newscast, itself, is focused on how wonderful your "*local drug peddler*" actually is. Almost every night a new wonder drug (snort) is presented, that will absolutely save humanity — and, of course, this never actually happens. Network TV news is just about ALL advertising hype — with the occasional brainless "*car chase — endlessly documented by the 3.5 million dollar (\$3,500,000) network helicopter*."

Television News departments have sold out for the money - there is no doubt about that. Even more, the networks, beyond the news features, couldn't go even part of a season without another boring TV series about life in a hospital - without ever mentioning that those same hospitals are the number one (#1) killer of Americans, ahead of heart disease and cancer.

Yes, US television has sold out to "*Big Pharma*." There is no doubt about it. But, the question is "*Did TV do 'Big Pharma' any good?*" And the answer is "*no, it did not ...*" and, we can all laugh about that.

What do I mean "*no, it did not ...*" There's an easy answer — in two parts:

(1) Despite the fact that "*Big Pharma*" spent billions of dollars, since 1999, on television, a recent Harris poll shows that **only nine percent (9%) of the**

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9% Approval Rating ...

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American public believes what the pharmaceutical industry says is the truth. In a recent article on Common Dreams newswire, titled "[Fact squad on prescription Drugs](http://www.common-dreams.org/news2005/1207-21.htm)" [www.common-dreams.org/news2005/1207-21.htm] it is explained that:

WASHINGTON – December 7, 2005 – According to a October 2005 Harris Poll, only nine percent of the American public considers the pharmaceutical industry generally honest and trustworthy. If perception were reality, the prescription drug industry would be in Chapter 11.

Whether it is anger at the callous disregard for human health revealed in the Vioxx and SSRI scandals; irritation with the incessant peddling of drugs directly to consumers and giveaways to doctors; ire at the frustration with the concealment of adverse clinical trial findings; exasperation that safe, cheap drugs are barred from importation from Canada; or disgust with conflicts of interest in the drug approval process and the buying of political influence, over 90 percent of the public views the drug industry with suspicion. A majority say they want more, not less, regulation. Indeed, industry sales are down this year and companies are laying off thousands of workers. But these selective factoids can be deceiving: Pfizer is among the companies cutting its workforce, while its profits for 2005 will be \$8 billion. Hold your pity."

(2) The television news industry has hurt itself with its bald-faced promo of drugs, drugs, and more drugs. The image, I think, of the average network news channel broadcaster is very similar to that of those young people, male and female, standing on the corner of Sunset Boulevard in Hollywood every night, ready to sell themselves to anybody who'll give them the money they need for clothing, shelter, drugs, and the slightest bit of approval from their strong-arm pimp.

It's just that the rewards in TV news are slightly, but not much, higher.

Irish Gerson Lectures ...

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ing. This is Dublin headquarters of the CNM, so our helpers were there and it was a familiar venue for our hosts. There was a large and enthusiastic audience and the next day 30 people came to my six-hour workshop. In addition to Bruce, we had other naturopaths, acupuncturists and a very well-informed people, so the workshop was lively and interactive.

The Irish people we met are only too aware of the desperate need to address the growing health problems of their country, to fight fluoridation and to promote dietary improvements. We sold many books and had a lot of questions about when a clinic might be opening in Ireland! I feel certain that we will have some more practitioners from that country training with the Gerson Institute because we have so much to offer them.

Margaret Straus is Charlotte Gerson's daughter, and took up some of the European tasks this year with her daughter, Francesca.



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How the Gerson Therapy Heals

by Charlotte Gerson

When the body is overloaded with sodium (salt) as we have seen, the cells attract water in order to dilute the toxic effect of the sodium on energy production and normal function. The resulting edema, the "Tissue Damage Syndrome" must be dealt with to initiate healing.

Dr. Freeman Widener Cope, M.D. also a physicist and mathematician, a salt and water biophysicist, wrote in an article in his peer-reviewed journal *Physiological Chemistry and Physics* (Vol. 10, No. 5, 1978) as follows:

"The high potassium, low sodium diet of the Gerson therapy has been observed experimentally to cure many cases of advanced cancer in man."

Dr. Cope further wrote a paper on cell pathology, or tissue damage syndrome, called "Pathology of structured water and associated cations in cells and its medical treatment", published in *Physiological Chemistry and Physics* 9 (6) in 1977. He wrote "Whether the cell damage occurs by oxygen starvation, by trauma, by any type of insult, the same responses may occur in cells throughout any part of the body. First the cell will lose potassium, second the cell will accept sodium, and third, the cell will swell with too much water (cellular edema). When the cell has swollen with too much water, ATP (energy production) is inhibited, along with protein synthesis and lipid (fat) metabolism.

Gerson was able to manipulate tissue damage syndrome, which he recognized clinically in the 1920s, by his dietary management, eliminating sodium, supplementing a high potassium diet with additional potassium amendments and finding a way to remove toxins from the body via the liver.

Around every tumor and around every arthritic joint and in most chronic conditions, tissues have lost potassium and have swollen with too much water. Gerson saw that by restricting sodium and giving a high potassium diet of fruit and vegetables with

freshly prepared raw juices, edema could be absorbed and the ailing cells could return to their proper function.

Dr. Gilbert Ling won the coveted "Boxer Award" in biology in China during the 1940's, became the head of the molecular biology laboratory for Pennsylvania Hospital in Philadelphia, and chief editor of the journal *Physiological Chemistry and Physics and Medical NMR*. Ling proved that there is no such thing as the "sodium/potassium pump" which was assumed to regulate cellular minerals. Ling's work also led Dr. Cope to the Gerson Therapy.

Patricia Spain Ward, Ph.D., wrote an excellent monograph on the Gerson Therapy under contract to the United States Office of Technology Assessment. In it, she noted that once you put patients on a high potassium, low sodium diet, he excretes enormous quantities of sodium in the urine. (Excretion via the feces was not measured.) Gerson had found that when he eliminated dietary animal protein, he could cause even more intense sodium 'outpouring.' The medical insistence on large quantities of protein, Gerson showed, was wrong and he stopped the administration of dietary animal proteins for at least six to eight weeks.

Another researcher enters the picture: Dr. Robert Good, Chairman of Pathology for the University of Minnesota, and a top researcher and recognized authority on Immunology, set up a guinea pig experiment, feeding one group of animals (Group A) lab chow that was specially prepared to contain no animal protein, while Group B received normal lab chow. He expected to see failure of the immune system on no-animal-protein nutrition. The opposite happened: the thymus lymphocytes became tremendously active and remained aggressively and non-specifically active for a long period of time! Good understood that he had stimulated immunity by dietary restriction of animal protein!

In 2005, Dr. T. Colin Campbell in his book, *The China Study*, confirmed that animal proteins cause serious damage to the body's defenses, stating specifically that "milk and milk products are the most powerful carcinogens in the world."

Gerson was aware of this situation well before it was proved in the laboratory, and restricted animal proteins for a period of time. Patients receive very adequate amounts of easily bio-available proteins, contained in their diet through fresh vegetable juices, potatoes and oatmeal, all elements of the current Gerson Therapy.

One of the most important techniques of the Gerson Therapy is detoxification via the liver/bile through the use of coffee enemas. Gerson knew that the coffee enemas dilate the bile ducts, thus allowing the liver to release toxic accumulations. In the meantime, from the Department of Pathology of the University of Minnesota, Wattenberg, Sparnins and Lam showed that rectal coffee administration stimulates an enzyme system in the liver, called glutathione-S-transferase, which is capable of removing toxic free radicals from the blood stream. This enzyme is increased in activity from 600-700% above normal by the coffee enema. Coffee also contains large amounts of potassium, which helps prevent intestinal cramping by boosting the potassium content of deficient smooth muscles in the colon. Excess sodium in these muscles causes normal peristalsis to turn into cramping; the potassium in the coffee helps to alleviate this problem.

The nutritional content of the Gerson Therapy has also been studied. Since Dr. Gerson found that the chronic disease patient suffers from two basic problems, toxicity and deficiency, clearly detoxication is only part of the problem. While it is extremely important to address this situation, not only to relieve pain but to detoxify the body, the coffee enemas are vital. It has to be emphasized that toxic tissues, loaded with sodium and edema, are unable to accept nutrients. Therefore even the best foods and juices are useless unless they are accompanied by detoxication.

Part 2 of this article will appear in the Mar/Apr. issue of the Newsletter.