



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

### “Dying to Have Known”

## At NYC Film Festival

by Howard Straus

Steve Kroschel’s new Gerson Therapy documentary, *Dying to Have Known*, played at the New York International Independent Film and Video Festival on May 5, and got a standing, crying, ovation. The film festival judges gave it “Honorable Mention” in the Feature Length Documentary category, but the audience stayed for an hour after the show, engaging our New York representative Frank Melli in a spirited discussion that eventually ended up in a juice bar across the street.

Five days later, there was a “sneak preview” of the film in Monterey, California, at a small progressive theater with 165 seats, and the house was full. When severe critics Dr. Dean Edell, Dr. Stephen Barrett and Prof. Wallace Sampson were interviewed on screen, they made such outlandish claims that the audience hooted and booed. Half the audience signed up to receive the film when it is produced.

And the film is now available for purchase. Those of you who have bought your copies in advance, thank you for your patience! Barring unforeseen circumstances, your DVDs should be in the mail

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### Carl Townsend’s

## Twenty Five Year Recovery from Widespread Colon Cancer

by Charlotte Gerson

In 1981, then-58-year-old Carl Townsend suffered from steadily recurring rectal bleeding. His doctor diagnosed him with hemorrhoids, “an occupational disease,” because he was sitting much of the time. In time, the bleeding became more severe, and Carl also suffered weight loss and increasing weakness. He finally sought a second opinion with a second doctor, who told him to report immediately to the Shand Hospital in Gainesville, Florida for surgery. This institution is associated with the University of Florida training group, and came highly recommended by Carl’s doctor, who also told him that chemotherapy could not be used because the cancer had already spread too widely.

The surgery was difficult; a biopsy showed malignancy in his colon, along with metastases throughout his body. In total, Carl spent five weeks in the hospital, experiencing a slow recovery and suffering many complications. He found himself with tubes in his body for urinating and other functions, and was very weak. Carl received no chemotherapy, and his doctor

gave him no hope, with a prognosis of three to six months to live.

Meantime, his wife Mary Virginia and daughter Carla engaged in constant research and found the Gerson Therapy. They ordered the Gerson book and phoned the Gerson Institute. When Carl talked to his doctors about trying the Gerson Therapy, they were quite negative about it. Yet, since they offered him no hope at all, Carl felt he had nothing to lose. Besides, the Gerson treatment sounded reasonable to him. His wife and daughter encouraged Carl to travel to the Mexican Gerson clinic as soon as he was strong enough to make the trip.

When Carl started the treatment at the Mexican hospital, he was immediately impressed with the professionalism of the doctors and staff. Carl also found it important to meet the other patients, some even more severely ill than he was and in really poor condition. Some had traveled the world over looking for help, without success. One patient with a brain tumor was so weak and bedfast, he was even unable

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## New Documentary ...

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by press time, and you will be able to share it with all your friends.

We are working with Free Speech TV to see if they are interested in airing *Dying to Have Known* like they aired *The Gerson Miracle*. FSTV used TGM as a gift for viewers who supported them with a pledge during their pledge drive, and they tell us that no film they have played has gotten as great a response as this film did. We can only hope that they like *Dying to Have Known* as much! We are confident that you will.

Your Editor has been invited to speak at the Cancer Control Society Japan Convention in Tokyo in September [23-24], and has been invited to show the new documentary there. We shall be very happy to do so, especially since a significant part of the film was made in Japan. Prof. Yoshihiko Hoshino of the Fukushima Medical University and Loma Linda Clinic tells his story of recovery and his successful treatment of many patients, as does Dr. Takaho Watayo, Subdirector of the Ohtsuna Hospital in Tokyo, one of the country's leading oncological surgeons. He and Prof. Hoshino are each doing long-term studies of advanced cancer patients treated by the Gerson Therapy. This alone would be unheard-of in a conventional medical context, as the patients would have long expired.

Get your copy of the film now!

## 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.

## Carl Townsend ...

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to talk. In a week, this man was able to go up and down stairs. By the time he was ready to travel home, he was talking and much improved. Carl was amazed at the good responses he saw in others. After only one week, he, too, began to feel much better. "The Therapy immediately turned my system around," Carl told us. He was able to start the enemas right after his arrival at the Gerson hospital, as it had already been eight weeks since his surgery (five weeks in the hospital and three weeks at home).

As soon as they returned home, Mary Virginia organized the supply of organic foods and Gerson Therapy supplements, and prepared the foods, juices and coffee enemas. Carl slowly regained strength, and, after a while, began to gain back some of the weight he had lost.

For two long years, Carl stayed strictly on the Gerson Therapy. At the end of that time, he once again started to do what he loved, working in his family business. He stays essentially vegetarian, close to the Gerson Therapy. Today, at age 83, and 25 years after his recovery from widely metastasized colon cancer, he is helping his daughter, who is suffering from lymphoma, to do the Therapy. Carl is in good health.

Mary Virginia adds: "A person has to have hope and I always gave my husband hope during his recovery. His doctors didn't give him any hope; on the contrary, said that 'nothing could cure him.'" Carl feels that his wife's and friends' prayers helped in his recovery. "It takes physical as well as mental strength to recover—no one thing will do it all," he maintains.

Many doctors tell patients that the Gerson Therapy doctors give patients "false hope".

There really is no such thing as false hope, since, as Carl said, "You cannot live without hope".

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*And just in time for summer ...*

## Sunscreen Warning – and Better Ideas

by Charlotte Gerson

*(From an article by Dr. Joseph Mercola, M.D. on his Website [www.mercola.com](http://www.mercola.com))*

We have previously reported on the dangers of using sunscreen. (See *Newsletter* Vol. 9, #1, May/June 1994 and Vol. 14, No. 4, Jul/Aug, 1999). There has been a good deal of new information recently, coming out of medical conventions, along with articles about the importance of Vitamin D. According to the latest data, the public in general is not getting adequate Vitamin D. As a result, and as the deficiency increases, this lack reportedly increases the dangers of chronic disease, including cancer.

The result will certainly and logically be that people will look for more exposure to sunlight during the present summer months, especially for children. Summer vacations, sports, swimming, most outdoor activities present the opportunity to obtain the important "sunshine vitamin". On the other hand, most people, particularly mothers, are aware of the dangers of sunburn. Excess sun not only burns the skin with temporary damage, blisters, reddening and pain, but can cause longer term damage, especially to people looking for a 'beautiful' tan when past their thirties or forties. This often leaves dry and even wrin-

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## GERSON® HEALING NEWSLETTER

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## CAREGIVER TRAINING, ETTA, INTERNATIONAL ATTENTION

First, and most importantly, I want to thank all of the members who have contributed so generously to the fund to create an on-line caregiver course. We have received a tremendous response. Our members are our lifeline! Every single one of you helps to keep the Gerson Therapy alive and helps spread hope and healing to hundreds of people around the world.

We are about to launch our bi-annual Caregiver Training in San Diego on June 16<sup>th</sup> with a full class of 25 people from all over the country. Connie Spancake, a trained Caregiver, recovered patient and a Gerson Institute Board of Directors member, flew all the way from New Hampshire to volunteer to coordinate the food preparation for all of these people! Next month, we will be launching a Caregiver Internship Program for newly trained caregivers to have the opportunity to practice what they learned here in San Diego by spending a full week doing hands-on "caregiving." Stay tuned for more to come on this.

Our Volunteer Program has taken off with a surge of activity. In addition to the two trained Gerson Practitioners who volunteer each week to communicate with Gerson patients, we now have two additional volunteers. One is taking charge of getting the Gerson Miracle shown more frequently and on more cable TV stations

across the country. The other is launching a research project to extract information from over 1,200 files to describe the population of Gerson patients who have visited Gerson clinics (e.g. gender, average age, types of illnesses, country of origin, and so on). This will provide a basis for being able to request funding in the future for a larger scale research project on the effectiveness of the Gerson Therapy.

We were delighted to have Francesca Dego, Charlotte Gerson's grand daughter, play an extraordinary benefit recital for the Gerson Institute on April 19, 2006. She played selections from J. Brahms, J. S. Bach, E. Ysaye, J. Achron and C. Saint-Saens. Thanks to a generous donation from Norwalk Juicers California 800-405-8423, a professional DVD was produced and will be available shortly through the Gerson Institute.

Once again, the Gerson Therapy has received international attention. A group of top health officials from Thailand and Japan visited the Gerson clinic and also the Gerson Institute where Charlotte gave them a comprehensive presentation. They were on a National Institutes of Health study tour throughout the United States. Officials included the Director General of the Department for Development of Thai traditional and alternative medicine from the Thailand Ministry of Public Health, the Health Supervisor for the Bureau of

Inspection of the Ministry of Public Health in Thailand and more.

Have you checked our website lately at [www.gerson.org](http://www.gerson.org)? We have made some changes to make it easier to find things. Please let us know if you have any ideas for how to improve our site. We are also catching up with the information super highway and learning the technology to build our email list! We will soon be able to communicate with you easily and quickly through email on everything from upcoming events to bulletins, surveys and more. So send us your email, if you have not already done so, to [dake@gerson.org](mailto:dake@gerson.org).

The year-long grant that funded our Resource Development Specialist to write grants ended in May. However, due to her productivity we are able to continue her position which will expand into web site and email list development, volunteer recruitment and training and other fundraising activities. Our grant writing is being picked up by a professional grant writing organization that is working on a contingency basis.

The summer solstice is almost upon us. We hope you can take time to relax, enjoy the longer days and the sunshine!

—Anita

### Call for Volunteers

## Gerson Institute Board of Directors

by Diane Ake, Resource Specialist

As we expand our programs to serve more people and reach into more countries, we also need to expand our Board of Directors. We need people with a variety of skills, backgrounds and interests, including finance, business, fundraising, marketing, technology, construction, social services, personnel, food service, commu-

nications, writing, graphic design, research, education, organizational development, management and more.

You do not have to live in San Diego or even in California to be a Board member. If you are interested in finding out more about this opportunity, please contact Carol Beard, President of the Board of Directors, at [cbeard@gerson.org](mailto:cbeard@gerson.org) or (619) 685-5353 ext. 102.

The Board of Directors plays a vital role in the continuation and governance of the Institute. Won't you lend us your unique, special talent?

### THE GERSON INSTITUTE'S WISH LIST

We need the following:

- Two (2) PC-Compatible computers
- Two (2) monitors
- Access Programmer volunteer
- Graphic Artist volunteer

*If you think you might be able to help, please contact Diane Ake at [dake@gerson.org](mailto:dake@gerson.org), 619-685-5353 ext. 109*



## “Touching the Hem of His Garment”

by William Schickel, 54-year Lymphoma recovery

*Some time ago, Bill Schickel wrote his memoirs of recovery from lymphoma 54 years ago, and has now given us his kind permission to publish an excerpt from his moving story.*

### INTRODUCTION

*“And behold, a woman who had suffered from a hemorrhage for twelve years came up behind him and touched the fringe of his garment; for she said to herself, ‘If I only touch his garment, I shall be made well.’ Jesus turned, and seeing her he said, ‘Take heart daughter; your faith has made you well.’ And instantly the woman was made well.” — Matthew 9:20-22*

This text has always been special to me. I have tried to follow Christ. From time to time I have spotted Him in the crowd, and several times I have had the awesome and humbling honor of touching the hem of His garment. He comes to me in a certain person. He wears a mysterious garment of truth. My contact with that person ennobles and illuminates my being with a palpable radiance. I realize, sometimes only in retrospect, that I have once again touched the hem of Jesus' cloak. I am healed. New life surges within me. I share these experiences so that others may learn the manner in which He has come to me, may recognize His garment of truth, and may know the joy He brings.

I write in gratitude to the many people who have created me. The oneness and variety of the human family is, for me, a wonderful source of grace and joy. The men and women of whom I write in tessera in the mosaic that is me.

### DR. MAX GERSON: CANCER HEALER

The young woman looked up from where she sat in the grass. “Bill,” she said, “I feel like water poured out on parched earth. The soft brown pupils of here eyes were large and the white around them was bloodshot and moist. We looked long into each other's eyes. Our gaze pierced beyond the outer membrane to the forming power within us that made us what we were. We

were knocked flat, in deep trouble. My body was being consumed from within by a cancer in my lymph system. We had three young children: Anna, Martha, and the baby, Bill. Mary, my wife, was twenty-two years old. We lived primitively on a little homestead farm which we loved. Central heat, running water, and a steady job were modern inconveniences that we didn't have to bother with. As we looked at each other we saw the grim reality of the operating room, the searing power of radiation treatments; and recalled the benign honesty and helplessness of the doctor's words:

“You may live two months, you might. You won't see six months.” We swooned in the hypnotic horror of our situation. We who had been so utterly happy—the young married couple designing their life just the way they wanted it. We were stopped dead in our tracks—only two months to go. I was overcome with the frantic feeling that I was the cause of all this. I was the one with the cancer. Mary would be left with the burden of the situation, the years of hardship, the children, the debts. I don't know how much time passed. We sat in the grass looking deeply into one another's being.

Suddenly there was a light in the darkness. Her eyes brightened and the painful reality receded. We reached out, fell into each other's arms and tumbled in the grass. One thing became clear—we would live each day like a jewel. And we did.

That courageous wife of mine had been searching for a reprieve. The conventional wisdom of medicine offered us nothing. She found the name in a magazine on organic gardening. Dr. Max Gerson was curing cancer by diet. We raised our own food and believed in organic approaches to life. Was it possible? This was in 1952. We consulted several eminent authorities in cancer. It was not possible, they assured us. There was no hope, they said. We prayed with faith, hope, and desperation. And we decided to believe that there was hope.

We made a pilgrimage to the shrine of Blessed Philippine Duchene. She was a great pioneer woman in the early years of development along the Mississippi River. Mary and I had come in contact with her spiritual legacy through our contact with the Madames of the Sacred Heart. We visited the convent she had founded on the banks of the Mississippi near St. Louis, and spent a time of prayer and reflection there in the loving hospitality of the nuns. We would put our trust in Dr. Gerson.

Early in March of 1952, we loaded our tattered automobile with luggage and children, and trekked to New York. We left Loveland full of hope. Daffodils were blooming and spring seemed to have come early. As we went north and east out of the Ohio River Valley, winter suddenly engulfed us again. We followed snow plows most of the way.

Mary and the children stayed in Brooklyn with old friends, the Lutzes. I took the train from Brooklyn to Park Avenue. The building had the quiet elegance of most Park Avenue addresses. The modest unpretentiousness of his office moderated, but did not dissipate, my fears that he would be outrageously expensive. There was no receptionist. I sat down in the small waiting room. A door opened and Dr. Gerson asked me if I was Mr. Schickel. I said that I was, and he asked me to come in. We sat together at a small mahogany table. He asked me what the trouble was. I told of my discovery of a mass in my abdomen, of the prognosis of the other doctors, that I feared I only had a short time to live. Dr. Gerson quietly asked me a great many questions about my family and personal history. Then he paused, and pensively paced the room. After a few moments he sat down again looked straight at me and said, “Mr. Schickel, you are in a very serious condition. I have had about thirty percent good results with cases like yours. I can promise you no better.”

In layman's terms he outlined his proposal. “Mr. Schickel, I would like to send you to a laboratory to take a group of tests on your heart, blood, breathing, metabolism, etc., so that we know at what level all

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# *Corporations Risk Irreversible Damage to Health (Ours)*

## The Threat of Genetically Modified Organisms (Part 2 of 2)

by Dr. Giuseppe Nacci

*The first part of this article appeared in The Gerson Healing Newsletter, Vol. 21, No. 3, May/June 2006.*

**FIFTH:** *Intoxication by poisons synthesized from transgenic plants.*

Chronic poisoning of foods caused by the toxic substances in insecticides which are used on plants to make them resistant to parasites as *Bacillus thuringiensis*, with the consequent increase in cancer, miscarriages, genetic mutations in descendants, Acquired Immunodeficiency Syndrome, degenerative diseases and diseases caused by toxic substances, etc.

**SIXTH:** *The danger of world-wide famine due to Terminator technology.*

Here we are referring to the transfer through cross pollination between natural indigenous species - wheat, rice, corn, potatoes and legumes - of the inability to reproduce normally due to terminator technology. This loss is irreversible also in natural plants used for human nutrition, since they will be contaminated by transgenic genes from agricultural areas cultivated with GMO Terminator seeds. Hence the potential menace of future uncontrollable global famine due to insufficient supplies of natural varieties - that is non Terminator - of wheat, rice, maize, and legumes.

**SEVENTH:** *The irreversible disappearance of natural plants.*

The gradual and irreversible disappearance of biological diversity, that is of normal, natural flora. Transgenic cultivation will pose a serious threat to those areas which are rich in biodiversity (natural genomes); the transgenic flow which will go from modified plants to natural plants will be inevitable when the numerical ratio between areas cultivated with artificial plants exceeds the areas of natural plants, thus causing the irreversible loss of a great part of the natural genetic patrimony of all the plants existing in the world: at present there are about 442,000 species already classified out of an estimated total of 600,000-800,000 species.

To summarize:

Numerous plants have already disappeared during the last few years because farmers have abandoned natural plants in favor of artificial, that is, genetically modified plants, for their genomic uniformity and high production (poor in vitamins). They are intrinsically sick (because they are incapable of surviving without pesticides), they are made sterile for economic reasons, and finally they are genetically manipulated to make them resistant to insects and other animals because they themselves are capable of producing poisons, that is, toxic substances that are then eaten by farmyard animals and so passed on to man.

Even in the forests genetic variety is threatened today by the loss of habitat, not only caused by incorrect deforestation practices, but also by the contamination of the genetic patrimony (which has adapted to local situations) by hybrids created by large seed companies producing GMOs.

*An extensive bibliography is available on request from the Gerson Institute, though it was far too lengthy to publish in the Newsletter at this time.*

### Touching the Hem ...

*continued from page 4*

of your measurable functions are operating." The X-rays and tests were spread over two days. In the evening of the second day, he gave me a little yellow book entitled "Gerson Therapy for William Schickel." My name was typed into the space. It outlined a strenuous regimen that would cross the eyes of anyone not faced with a life-and-death situation. Eight glasses of carrot and apple per day. Two glasses of green leaf (lettuce, spinach, etc.) juice per day. One glass of juice pressed from young calf liver per day. Lugol's solution, potassium, vitamin C, and B<sub>12</sub> injections. No salt, sugar, meat, or processed food. Much more and much less. I was to follow the treatment for a month and then get certain laboratory

tests taken and send the results back to Dr. Gerson. His fee was very modest. The larger cost was the juice processor, and all the bushels of fresh vegetables that were required, and the calf liver.

Dr. Gerson told me that he could not cure me. He said that the regimen he set forth would hopefully encourage my bodily functions to operate at a very effective level. If the treatment succeeded my body's own self-correcting systems would work to heal me. To me it made perfect sense. It would be a lot of work. CALF LIVER JUICE! But we had a great deal to gain and nothing to lose. We returned to Loveland and got started.

In hindsight, I don't know how we managed. We already had our hands full with three young children on a little farm with no modern conveniences and no steady means of support. ALL THAT JUICE! Thanks to the efforts of a very heroic wife, lover, companion, mother and healer—we did manage.

Within a few weeks I started to regain strength. I underwent no other medical treatment.

I write this [fifty four] years, eight children, twelve grandchildren, and a wonderful productive life later. I am filled with gratitude to this great healer, who was in the person of Dr. Max Gerson. What I had vaguely perceived before became abundantly clear—that there is really only self-healing through You. If the disorder in us touches the truth in You, we will be healed.

The hem of Your garment was the clinical white cotton coat of Dr. Gerson. The wearer suffered greatly from vicious attack by his colleagues in the medical profession. As he cured cancer. Noble Prize winner Albert Schweitzer came to Dr. Gerson for help. His wife was healed and his own diabetic condition was greatly improved. Schweitzer called Gerson a great and significant medical genius. And it would be ridiculous for me to say anything more or less!

*Now 88 years old, Bill Schickel makes a guest appearance in Steve Kroschel's new documentary, Dying to Have Known. You can read about him as Case #18, W.S., in Dr. Gerson's A Cancer Therapy: Results of 50 Cases.*

# Odds and Ends

by Howard Straus, Editor

On the Internet, an intrepid Gerson Therapy cancer victor from Northern California has initiated a group under the Yahoo Groups flag called "GersonTherapy". Anyone at all can join, and your Editor has. Once you do, you can opt to receive emails sent by other members, respond to the group, or to any individual.

From time to time, a question arises that should be of interest to many Gerson Persons, and Charlotte suggested that the following email was one of those.

"What is recommended for toothpaste? I know we are not supposed to use toothpaste with fluoride, and then I thought maybe I should use baking soda, but then I thought I shouldn't use anything with sodium, and I can't seem to find it in the book.

"[By the way], I don't have cancer or any serious disease, I am doing a modified Gerson [Therapy] to combat fatigue and depression. So far, it is working GREAT! I'm losing weight, I have more energy, I am thinking more clearly, and my athlete's foot cleared up.

"I forget exactly when it happened, but food without salt is tasting good to me (as opposed to tasting like cardboard).

"Every minor improvement in my health inspires me to do more of the therapy.

"Greg"

## Charlotte responds:

Greg either doesn't have or hasn't read the "Gerson Handbook". It has a whole

page on dental care, starting with a heading in bold letters, **TOOTHPASTE**. (if you have it, it is on p. 24.) It also refers to the forbidden items list in *A Cancer Therapy*, include baking soda for gargling, etc. as well as fluorine in toothpaste.

It is always encouraging to see that the effects that we are so used to observing are noted with pleasure by people newly experiencing the benefits of the Therapy, and that they are motivated by these effects to even greater compliance with the Therapy. Go Greg!

## From Bob Melli's Book

Bob Melli, a great supporter of ours from New York City, and Frank's brother, lost his wife and father to cancer in quick succession, and from those searing experiences, vowed to do his best to ensure that others would not have to go through the pain he went through. He researched the problem of cancer and American medicine, and wrote an excellent book, distilling everything he could into a readable and powerful document.

In his book (*Cancer Cures, Causes and Prevention*; Robert Melli, 2005; Nature Publishing Inc., Kew Gardens, NY. ISBN 0-9753428-0-0), Bob includes quotes from valuable sources, among them the following:

**"Triumph over cancer ... would mortally threaten the present clinical establishments by rendering obsolete the expensive surgical, radiological and chemotherapeutic treatments ... Such fear, however unconscious, may result in resistance and hostility to alternative approaches in proportion as they are therapeutically promising. The new therapy must be disbelieved, denied, discouraged and disallowed at all costs, regardless of actual testing results, and preferably without any testing at all. As we shall see, this pattern has in actuality occurred repeatedly, and almost consistently."**

— Hans Ruesch, *Naked Empress—the Great Medical Fraud*, CIVIS, Massagno / Lugano, Switzerland 1992, pp. 62-65, in quoting an article by Robert Houston and Gary Null.

It is an interesting convergence of cir-

cumstances that the above quotation is personified in the knee-jerk, baseless criticisms of the Gerson Therapy recited by all three critics in the new documentary, *Dying to Have Known*, critics who claim to revere scientific proof, but offer nothing but opinion to support their statements. If you watch their interviews with the above paragraph in mind, you can easily discern the pharmaceutical company line recited by these self-styled "experts".

## A Happy Coincidence?

A little while ago, Anita Wilson, Executive Director of the Gerson Institute, heard about a patient in Florida. He is an elderly gentleman, and he was suffering from prostate cancer. He was determined to do the Gerson Therapy, even more so because the doctors were constantly after him to get surgery and 'proper treatment'.

However Anita found out that he didn't have enough money to purchase even an inexpensive juicer. Instead, he was grating and breaking down his carrots with a knife and grater, then pressing them in a cloth.

In her inexhaustible compassion, she called him up. She offered to ship him a Champion juicer on loan. It was sitting uselessly at the Gerson Institute.

The man answered the phone and listened to her offer. But he immediately told her *not to send the Champion*. The day before, he had walked into the alley behind his apartment, and there, in a dumpster, he found a perfectly functioning Champion juicer! A neighbor, clearing up her house, had disposed of it!

## Join our email list (coming soon!)

- Receive notices of upcoming events
- Learn about volunteer opportunities
- Receive requests for your ideas, needs, interests and contacts
- Learn about new programs and services

...and more!

Send your email address to  
[dake@gerson.org](mailto:dake@gerson.org)

Want to help get the Gerson Miracle documentary shown on the air in your community?

It's easy – just call your local cable station.

We'll get you all the materials you need.

Contact Diane Ake  
[dake@gerson.org](mailto:dake@gerson.org)  
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*Work better, and less dangerous than pharmaceuticals*

# Placebos: Accept No Substitutes

by Darrel Crain, D.C. (reprinted with permission)

“The art of medicine consists of amusing the patient while nature cures the disease,” Voltaire noted with intuitive precision.

Occasionally, the government asks us for help in its thankless task to reduce the unintended collateral damage caused by good-hearted, but busy, medical professionals.

For example, if you find yourself in the hospital, Uncle Sam asks that you do your part to reduce human-to-human microbe transmission. Your job is to ask all the doctors if they washed their hands before coming into your room. As you can imagine, some doctors are not pleased to have patients asking them if their hands are clean and they may get snippy. Simply remind them you are under orders from the government.

Here is another tip to help avoid tragic mistakes in the operating room. Before the surgery, borrow the nurse’s felt tip marker and write instructions on yourself to remind the doctor where to operate. Apparently, doctors usually remember why they are performing the operation, so you just need to remind them where. Mark the correct spot on your body with “Operate Here.” Then, on the opposite side write “Do Not Operate Here.” I am not making this up. It is hoped that this tip will help your surgery start off on the right foot. Or was it the left foot? Anyway, it is best to do this marking job before they give you any anesthetics.

Of course, the biggest health problem facing our country is the drug problem. Dr. Allen Roses, executive vice president for an enormously large pharmaceutical company, sketched for us an outline of the biggest drug problem facing America during a public comment he made two years ago.

Now, you may be thinking that the biggest drug problem in our country is illicit drugs. And truly, this is a big problem, especially for the poor drug dealers faced

with unfair competition from doctors madly scribbling prescriptions for more powerful painkillers than ever before.

Alternatively, you may be under the impression that the Medicare drug problem is our biggest problem. That’s only because you are a health care consumer. Ask any drug company stockholder and he will tell you that the new Medicare rules are working just fine, just as planned.

Both of these problems though, pale in comparison to the one Dr. Roses brought up: “The vast majority of drugs — more than 90 per cent — only work in 30 or 50 percent of the people. I wouldn’t say that most drugs don’t work. I would say that most drugs work in 30 to 50 percent of people,” Roses said.

Think of it, anywhere from one-half to two-thirds of all people who take prescription medications gain no benefit from them at all! Of course, this was not big news for people close to the pharmaceutical industry. However, public discussion of this basic fact by a drug company executive was a serious breach of etiquette. Industry secrets such as this are intended to remain locked in the basement out of public view. Roses’ colleagues throughout the industry were understandably distressed and annoyed. Public relations departments went into overtime with damage control to try and “clarify” what the good doctor meant to say, namely, “Have a nice day.”

Dr. Roses’ admission was remarkable not only for its frankness, but also because it affirmed that active drugs work no better than placebos where it counts the most: in the real world of the drug consumer’s experience.

The “pristine” laboratory conditions necessarily imposed by drug trials, such as only using healthy people, and only giving people one drug at a time, account for the higher scores achieved in drug trials. Meanwhile, out in the real world, sick peo-

ple are the ones taking these drugs, and many of them are taking three or more drugs every day.

To put into perspective a meager 30 to 50 percent effectiveness for licensed pharmaceuticals, consider that fifty years of placebo research has documented that people experience a benefit 30 to 70 percent of the time when given placebos.

The placebo is perhaps the most fascinating and mysterious entity in the history of medicine. Some have hailed the humble placebo as the safest, most effective medicine ever discovered, even claiming that the history of effective medical treatment is the history of the placebo response.

Robert C. Peale put it this way, “The best and most efficient pharmacy is within your own system.”

Placebo is Latin for “I shall please.”

The placebo response has been observed for centuries. Placebos have always been more than just sugar pills, including fake surgeries and procedures. The response mechanism is not well understood, but the patient’s belief that the sugar pill or sham surgery is going to help him somehow triggers an inborn healing response.

But back to America’s drug problem. Prescription drugs accidentally kill about 1,104 people every single day, or about 403,000 people a year. “Most men die of their remedies, not of their illnesses,” noted Moliere.

The federal government, to its credit, has never faltered in its efforts to defend American citizens from prescription drug abuse, which means sending out tersely worded press releases from time to time.

Take antibiotics, for example. No! I am only kidding! Do *not* take antibiotics unless your doctor threatens to take away those little free sample packets of powerful painkilling drugs! The point is that, for 20 years, our government has repeatedly sent out warnings using strong language, but antibiotic overuse and abuse continues to grow at an alarming rate.

Luckily, the remedy to all this is within our grasp. Finally, an idea everybody can

*continued on page 9*

## Critical Nature of Mistakes or Modification

# The Patient's Therapy at Home

by Charlotte Gerson

I was recently invited to Salt Lake City to be video-taped for a health and nutrition TV program. When I arrived from the airport, several people were already assembled at the studio. A former patient, who had attended the Mexican clinic almost a year earlier had met me at the airport and driven me to our destination.

Later that afternoon, the same kind gentleman also took me back to the airport. During the several drives, we had some time to chat. He told me about some of the problems he had encountered since his arrival home from Mexico. Of course, I asked him for details.

Frankly, he was not doing well at all, and I was shocked about his handling of the treatment. He had come to the Gerson hospital because he had suffered from hepatitis-C for a number of years. This problem, incurable by orthodox medicine, had turned into liver cirrhosis and eventually into liver cancer. As all our patients understand, when they are dealing with cancer, they need to follow the Gerson Therapy very strictly. There is *no* leeway for experimenting.

Yes, he was taking 10 juices and consuming only organic food. But when I asked about his soup consumption, he hesitatingly admitted that he was taking soup only once daily. And when I went further and asked about his taking a good deal of fresh, raw salad, he admitted that he 'didn't like salad' without dressing, and took it only rarely. "Why without dressing," I asked. Well, he didn't really know what to use. — How come? He had spent time at the hospital, partaken of the attractive buffet daily, complete with vinegar, flax-seed oil, garlic and often additional sauces in order to make the salad attractive and palatable. He 'didn't remember' that vine-

gar was permitted. It is also mentioned in the *Cancer Therapy* book, (which he received at the hospital) as part of the salad dressing.

More and worse was to come. When I became uneasy about his entire handling of the Gerson Therapy at home, I began to ask him about his medication. He admitted taking the daily liver and B<sub>12</sub> shots for only two months—then quit. I was almost angry by then and asked him how that was possible? He had suffered for years with hepatitis-C, damage to the liver, which

*One patient, trying to 'get out of drinking the green juices', found a green vegetable powder and took it in the place of the living active ingredients of the extremely important green juice.*

*It doesn't work!*

worsened and turned into cirrhosis—a severely damaged liver—which then became cancerous! And he was discontinuing the very liver medication that helps to heal and restore the liver! This extremely sick organ which always needs intensive support that the Gerson Therapy supplies, in his case particularly, has to help to supply the entire metabolism as well as heal itself—yet it was getting minimal help! And then it turned out that he also discontinued the liver capsules, kicking another prop out from under his liver restoration! I was almost surprised that he was still alive. I'll admit that I seriously warned him and explained to him what he was doing—or rather, not doing—and that by altering the treatment as he did, he was risking his life.

A few days later, I also reported on my experience to the Gerson doctors in Mexico. They, too, admitted that they often find out that patients alter the treatment. For instance, one patient, trying to 'get out of drinking the green juices', found a green vegetable powder and took it in the place of the living active ingredients of the extremely important green juice. It doesn't work.

Our specific problem with these changes, or short-cuts, is that cancer patients have to strictly adhere to Gerson's long term prescriptions based on his years of experience that have produced a large number of recoveries in terminal cases. Even small changes may make the treatment ineffective. Then, if (or when) the patient fails, the Gerson Therapy is blamed!

Since the patient is warned that it takes some two years on the strict Gerson Therapy to really restore all the essential organs and functions, it is very difficult for our people to do the follow-ups to get a relatively accurate report of percentage of recoveries. This is one of the reasons why it is extremely hard to supply such statistics. We cannot control what the patients do once they return home or, in many cases, have never attended the hospital and follow the Therapy from the book at home. We even get reports that the patient claims to adhere strictly to the prescribed lifestyle—yet when we ask for details, we find out that the Therapy was altered to suit the patient.



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## Placebos ...

*continued from page 7*

live with. We can save thousands of lives and the drug companies can continue to reap billions in obscene profits. Meanwhile, doctors can continue writing loads of prescriptions and be duly rewarded by the drug companies.

Since real drugs work 30 to 50 percent of the time, and placebos work 30 to 70 percent of the time, we can just start mixing them together inside the little pill bottles! The pills will look the same, smell the same and get the same results. Nobody will know whether they are taking a real pill or a placebo, but it just won't matter!

Eventually, someone at the manufacturing plant will figure out how much cheaper it would be to just fill all the bottles with 100 percent candy. Who cares? I look forward to the day when the worst adverse reactions to prescribed drugs will be dental problems caused by eating too many sugar pills.

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## Genetically Modified ...

*continued from page 5*

**FIFTH:** *Intoxication by poisons synthesized from transgenic plants.*

Chronic poisoning of foods caused by the toxic substances in insecticides which are used on plants to make them resistant to parasites as *Bacillus thuringiensis*, with the consequent increase in cancer, miscarriages, genetic mutations in descendants, Acquired Immunodeficiency Syndrome, degenerative diseases and diseases caused by toxic substances, etc.

**SIXTH:** *The danger of world-wide famine due to Terminator technology.*

Here we are referring to the transfer through cross pollination between natural indigenous species - wheat, rice, corn, potatoes and legumes - of the inability to reproduce normally due to terminator technology. This loss is irreversible also in natural plants used for human nutrition, since they will be contaminated by transgenic genes from agricultural areas cultivated with GMO Terminator seeds. Hence

## Sunscreen ...

*continued from page 2*

kled skin. The answer: sunblock or sunscreen. Or is it?

The 'active' or outright toxic ingredients of sunscreen are still under debate. However there is no question that the results of one study found that the main chemical used to filter out ultraviolet rays may be toxic. What is more serious, it doubles its toxicity **when exposed to sunlight!** It is called octyl methoxycinnamate (OMC) and is present in 90% of sunscreen brands. It killed mouse cells even at low doses in a Norwegian study. After two hours of sun exposure, more cells died. Further, a fair amount of the sunscreen lotion penetrates the skin causing absorption of the synthetic chemicals.

According to Dr. Joseph Mercola, the best sun block for children who are most likely to get dangerous sunburn is "Green Tea Sun Block for Children SPF 25". It is recommended for adults, too, of course. The herbal formula in this product contains a natural sun-reflecting mineral. Titanium dioxide is one of these minerals and is present in the Green Tea formula. It acts as a physical barrier that reflects UV (ultraviolet) rays and is considered safe. The other agent in the formula is "Paba

Ester" (Parabenzic Acid Ester), also natural.

Ozone helps to block the damaging rays of the sun. In areas where there are serious holes in the ozone layer (i.e. Southern Australia and South America), there is more sun damage, melanoma, and active burns, also to animals grazing in the area. Clouds shield the sun to an extent; however some people tan even in shaded sun!

Whenever possible, protect your kids playing outdoors, as well as yourself, especially at the beach where there is additional exposure due to reflection of UV light from the water. Have them wear light, white, long-sleeved cotton shirts, as well as white caps that have visors; or wide-brimmed hats.

In case of sunburn, take a cool, (not cold) bath and apply fresh aloe vera gel directly from the plant, if available. Bottled gels or lotions are not as effective and lose potency over time. Many people keep aloe vera as house or patio plants just to have this valuable material on hand if needed. Patting cool sugarless black tea especially in the eye area, provides active soothing. The tannin contained in black tea provides the beneficial agent.

Plan ahead and get your Vitamin D safely!

the potential menace of future uncontrollable global famine due to insufficient supplies of natural varieties—that is non Terminator—of wheat, rice, maize, and legumes.

**SEVENTH:** *The irreversible disappearance of natural plants.*

The gradual and irreversible disappearance of biological diversity, that is of normal, natural flora. Transgenic cultivation will pose a serious threat to those areas which are rich in biodiversity (natural genomes); the transgenic flow which will go from modified plants to natural plants will be inevitable when the numerical ratio between areas cultivated with artificial plants exceeds the areas of natural plants, thus causing the irreversible loss of a great part of the natural genetic patrimony of all the plants existing in the world: at present there are about 442,000 species already classified out of an estimated total of 600,000–800,000 species.

**To summarize:**

Numerous plants have already disap-

peared during the last few years because farmers have abandoned natural plants in favor of artificial, that is, genetically modified plants, for their genomic uniformity and high production (poor in vitamins). They are intrinsically sick (because they are incapable of surviving without pesticides), they are made sterile for economic reasons, and finally they are genetically manipulated to make them resistant to insects and other animals because they themselves are capable of producing poisons, that is, toxic substances that are then eaten by farmyard animals and so passed on to man.

Even in the forests genetic variety is threatened today by the loss of habitat, not only caused by incorrect deforestation practices, but also by the contamination of the genetic patrimony (which has adapted to local situations) by hybrids created by large seed companies producing GMOs.

*An extensive bibliography is available on request from the Gerson Institute, though it was far too lengthy to publish in the Newsletter at this time.*

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# Gerson Therapy Workshops, Lectures & Events, 2006

WWW.GERSON.ORG/EVENTS

Events are free, unless otherwise noted; some conventions require purchase of a pass to enter the exhibit and lecture halls.

All information was accurate at press time. We suggest you call the

Gerson Institute's toll-free number at (888) 4-GERSON for an updated schedule, or the Gerson Institute at (619) 685-5353 for more information. Advanced reservations are no longer available.

Date & Time	Event	Location	Speaker	Contact Information
July 21, 2006 6:00pm-8:00pm	Health and Well-being lecture	Clark's Nutrition Center 11235 Mountain View Ave. Loma Linda, CA 92354	Don Stillings, DC, Founder, Whole Life Learning Center Big Bear, CA	For more information, please call (888) 792-0077
September 3, 4, 5, 2006, 9am-9pm, Sat. through Mon. (Labor Day Weekend)	34th Annual Cancer Control Society Convention 2006	Sheraton Universal Hotel, Universal City, CA (Across from Universal Studios Hollywood)	Charlotte Gerson, Founder, The Gerson Institute, will speak at 11:45am Saturday.	Cancer Control Society, 2043 N. Berendo St., Los Angeles, CA 90027. Tel.: (323) 663-7801. \$35/day or \$10/day, exhibits only. <a href="http://www.cancercontrolsociety.com/meeting2006.htm">http://www.cancercontrolsociety.com/meeting2006.htm</a>
September 23, 24, 2006 (Sat., Sun.)	Cancer Control Society, Japan Branch 2006 Convention	Exact site near Tokyo to be announced. Please con- tact your local Cancer Control Society chapter.	Howard Straus, Author, Dr. Max Gerson: Healing the Hopeless, Pres., Cancer Research Wellness Inst.	Frank Cousineau, President, The Cancer Control Society, Tel.: (209) 572-2393. Email: <a href="mailto:lifesupport@juno.com">lifesupport@juno.com</a> . Mr. Akitsugu Moriyama President, Cancer Control Society, Japan Branch.

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