



HEALING NEWSLETTER

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

Report on Chemotherapy

“No Beneficial Effect”

by Charlotte Gerson

We have reported a number of times in the *Gerson Healing Newsletter* on studies that severely question or even deny any usefulness of chemotherapy treatments. The German newsmagazine *Der Spiegel* (equivalent to the U.S. *Time* magazine) published one of the more powerful ones in December 1990. In that monograph, German biostatistician Dr. Ulrich Abel summarized his findings in these words: “There is no evidence for the vast majority of cancers that treatment with these drugs (cytotoxins) exerts any positive influence on survival or quality of life in patients with advanced disease.” Abel continued, “The personal views of many oncologists seem to be in striking contrast to communications intended for the public.”

In April 2004, *Der Spiegel* published another report by several serious researchers regarding results obtained from treatments with chemotherapy. Epidemiologist Dieter Hoelzel of the Clinic Grosshadern at the University of Munich states “Regarding survival rates in patients with metastasizing carcinoma in the intestinal tract, the breast, the lungs or the

continued on page 2

Evelyn Clegg

Ten Year Recovery from Metastasized Ovarian Cancer

by Evelyn Clegg, with Charlotte Gerson

It all started in October/November 1994 when I was 55, I went to the doctor suffering abdominal pains. On the first visit I was prescribed tablets and on a subsequent visit medicine for diverticulitis.

When I returned to my doctor after Christmas 1994, my stomach was so swollen my skirt wouldn't fasten. He sent me directly to Hospital where I was examined internally and told I had ovarian cancer, it could be 'nasty'. On January 11, 1995 I had a full hysterectomy followed by six weeks of radiotherapy during February and March.

At this stage everything appeared okay, until September, when a CAT scan showed the cancer had returned to near my bowel and my liver. This news was delivered to me on the same day as the scan had taken place. My doctor rang my home and asked to

come and see me. The news was shattering, as I had thought everything was going well. He said I couldn't have another operation. They would have to try something else, but it was terminal. I was told a



*Evelyn and Michael Clegg
June, 2005*

course of chemotherapy would be the best way forward. I had Epibrucin, Cisplatin and continual Fluoracil over a period of six months, this I started in October 1995. After the sixth session I was told the chemotherapy had not been successful and the doctors were considering what they would do next.

It was only at this very late stage I decided to do the Gerson Therapy, having heard about it through our son six months earlier.

Before going to Mexico we visited Ross Mansergh (a malignant melanoma patient who had been to Mexico in 1991 to the Gerson Hospital who said we must go. “If

continued on page 2

- **Evelyn Clegg: Recovery from Ovarian Cancer** page 1
- **Chemotherapy: No Beneficial Effect** page 1
- **From the Desk of Anita Wilson, Executive Director** page 3
- **Charlotte Lecture, Membership Increase** page 3
- **Aspartame, NutraSweet, Equal Spoonful** page 4

- **MSG: Creating Obesity** page 5
- **Don McQueen: Recovery from Colon Cancer** page 6
- **Prices Soar for Cancer Drugs** page 8
- **Evolution of the Gerson Therapy** page 9
- **Guns and Doctors** page 9
- **Classified Ads** page 10

IN THIS ISSUE...

- **Gerson Institute Supporters 2006** page 11
- **Gerson Events Schedule** page 12

Evelyn Clegg ...

continued from page 1

the prognosis isn't good, do not hesitate."

Luckily, within a week (May 1996) Charlotte was holding one of her seminars in London that we attended and were finally convinced that Gerson was the only possible way forward for me.

My husband and I left for Mexico on the June 19, 1996. I was 56. We were dreading the experience of going all that way not knowing what to expect at a very sensitive and depressing time.

When we arrived at the Mexican Gerson Clinic, the positive attitude of all the staff was most reassuring. I was assigned to Dr Bravo who was wonderful throughout, explaining at every stage how the treatment was going to work. In the short time of two weeks I could see the improvement between the blood samples taken at the beginning and at the end of my visit.

We arrived home on the July 4, 1996, full of enthusiasm to start the regime of 12 juices and four enemas.

I was guided by Dr. Bravo for the next three years, faxing my blood samples regularly, talking to her on the telephone and the Therapy being adjusted according to the results. I adhered very strictly to the Therapy during this period, only adding extra items as and when allowed.

After I had done the Therapy for three months, the consultant at Christie Hospital

Manchester, the leading cancer center in the North of England, said he would arrange a scan. The day we went for the results of the scan the consultant, on reading the result, said, "Whatever you are doing, you should continue." The problem areas were very much reduced. We drove home singing that day and couldn't wait to get home and scrub some more carrots.

It is now ten years since starting the Therapy. I still have two juices a day (we take the juicer when go to holiday cottages we rent), we eat only organic food, but allow a wider variety, always with an emphasis on vegetables and fruit (we have occasional meals out).

My survival is completely due to the Gerson Therapy—the doctors have said "Well, we didn't do very well."

My doctor and the Christie Hospital have both supported me over the years in checking my CA-125 level.

I only wish that I had taken the Gerson route *before* the chemotherapy. The chemotherapy affected the nerve endings in my feet and give me pain quite frequently to this day.

Thanks again to the Gerson Therapy.

Our very best wishes,
Evelyn and Michael Clegg

fering from intestinal cancer, breast cancer survival rates have decreased over the years. Gynecologist Gerhard Schaller, at the University of Bochum, says, "Chemotherapy has done practically nothing for women with late-stage breast cancer—there is literally much ado about nothing." This opinion is confirmed by Wolfram Jaeger, director of the Gynecological Department of the Staetische Clinic Duesseldorf, "There have been and there are no success stories. We treat large numbers of women without tangible proof of success."

In September of 1985, then-Director of the Gynecology Department at the University Hospital of Hamburg-Eppendorf, declared at an international congress in Berlin: "It should set us thinking to hear a growing number of doctors say: "I wouldn't allow that kind of treatment on myself."

The progress of chemotherapy is seen in the relief of suffering *caused by the drugs themselves*. These cell toxins used to weaken the patients to the point that they had to be monitored in hospital. Now there are remedies for hair loss, vomiting, loss of appetite, diarrhea and constipation. Many chemo drugs may be administered on an out-patient basis and, explains Dr. Overkamp, an oncologist in Recklinghausen, "the patients hardly suffer any more from bouts of vomiting. "That way I was finally able to install wall-to-wall carpeting in my office."



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.

Chemotherapy ...

continued from page 1

prostate, we have not made any progress in the past 25 years." He, together with a group of oncologists, created a database containing the medical histories of several thousand cancer patients leading to this conclusion.

The latest figures from the University of Munich's cancer registry do not reflect any prolongation of life spans. "While the outlook has improved slightly for patients suf-

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GERSON® HEALING NEWSLETTER

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ETTA'S DVD AVAILABLE, HEALING CENTER, KAYLA SMITH

Dr. Gerson's great-granddaughter

Congratulations to **Francesca Deگو** (Charlotte Gerson's virtuoso violinist granddaughter) who officially finished the Giuseppe Verdi Conservatory in Milan, Italy—a ten-year course that she started at the fifth year level! She was given a mark of 10 *cum laude* and a special mention—the maximum possible. She performed a recital and the whole of the Brahms concerto. Francesca will continue high school and enlarge her repertoire and musical experience with her maestro. A DVD of Francesca's superb



Francesca with Daniele Rustioni, accompanist and boyfriend

benefit recital for the Gerson Institute, April 19, 2006, along with a terrific performance by **Daniele Rustioni**, her piano accompanist, is now available for \$24.95

Charlotte Lecture, Membership Increase

by Diane Ake, Resource Specialist

Don't miss the chance to hear Charlotte Gerson speak!

Saturday, September 2 at 11:45 AM. Charlotte will speak at the 34th Annual Cancer Control Society convention in Universal City, CA (Los Angeles). Charlotte will also be at our Gerson Institute booth on Saturday. You can purchase books, DVD's, and pamphlets at our booth, that

—plus shipping, handling and applicable tax, with selections from **J. Brahms, J. S. Bach, E. Ysaye, J. Achron and C. Saint-Saens**. Call the Gerson Institute for your copy.

As usual, we have lots of good news to share. We are thrilled to announce the official opening of the **Charlotte Gerson Health Restoration Center**. We had our very successful premier session in July and are looking forward to the next one August 14th. This is a three bed in-residence program focused on prevention, wellness and training. We are currently reviewing applications for the September 18-24th session. See our Schedule of Events for contact information. And if you would like to receive our e-newsletter on this and other events, please contact Diane Ake at: dake@gerson.org.

We are also pleased to announce the arrival of **Kayla Smith, ND**. This is the first time in the history of the Gerson Institute that we have, on our staff, a trained, experienced practitioner. Dr. Smith's role is to oversee the Therapy at our wellness center; develop the experiential case review phase of our training for licensed, medical professionals and serve as a member of our faculty for our all of our training programs. Prior to relocating to San Diego, she worked with Dr. Baylac at the Gerson Clinic in Hawaii. We feel very fortunate to have Dr. Smith join our ranks—she brings a

continues through Monday September 4th. For more information visit:

<http://www.cancercontrolsociety.com/convention2006.html>.

Starting January 1, 2007...

Because our costs for printing and postage increase each year, we will need to increase our annual membership/newsletter subscription rate to \$40 (domestic) and \$45 (foreign) in order to cover our basic expenses, starting January 2007.



gentle, but solid presence, well rooted in the understanding of nature's wisdom and compassionate about human needs. Welcome!!

And continuing in the vein of "firsts" for Gerson, we have successfully implemented our biweekly **Companion Training Class** for those who accompany patients to our clinic in Mexico. We continue to expand our range of services to help ensure our patients the highest level of success during those demanding years on the Therapy. The companions come to the Institute kitchen and get a day packed full of education, hands-on experience cooking and juicing, and lots of personal help. Our faculty is Carol Beard, Director of Professional Services, Dave Herbert, Chef and Kayla Smith, ND.

We want to recognize our internationally known doctors, **Alicia Melendez, MD and Luz Bravo, MD** of our Mexico Clinic. September marks "50 Years of Gerson Medicine" experience as a team—30 years for Dr. Melendez and 20 years for Dr. Bravo. We extend our deepest gratitude to these healing angels who are loved world-wide. We hear the voices of thousands of once-desperate recovered patients joining us as we honor the devotion, knowledge and wisdom of this special team. Blessings to each of you.

— Anita

Your Source for Enema Therapy Coffee

Royal Blue Organics offers Cafe Mam: certified organic, fairly traded coffee, shade grown by indigenous farmers in Chiapas, Mexico. Ask for Light Roast. (888) Cafe Mam, Royal Blue Organics, PO Box 21123, Eugene, OR 97402 cafemam.com

Aspartame, Nutrasweet, Equal, Spoonful

by Charlotte Gerson

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

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

One major indication is the recent epidemic of "multiple sclerosis" and "systemic lupus". In a keynote address by the EPA (Environmental Protection Agency) there was an announcement that there was an epidemic of the above diseases and that they did not understand what toxin was causing it to be widespread throughout the United States. This is the reason: when one of the products of Aspartame, (NutraSweet, Equal, and Spoonful) is used as a sweetener, and the product's temperature exceeds 86 degrees Fahrenheit, Aspartame breaks down into methanol. For decades, consumers of alcohol and alcoholic drinks have been warned about substituting wood alcohol for alcoholic drinks, because it is poison and, among other problems, can cause blindness and death. The methanol (wood alcohol) breaks down further and converts to formaldehyde.

[Formaldehyde: made by oxidation of methyl alcohol, has been shown to be a carcinogen and causes irritation of throat, respiratory and gastro-intestinal tracts and central nervous system, causing vertigo, stupor, abdominal pain, convulsions, unconsciousness and renal (kidney) damage.]

Formaldehyde is grouped in the same class of drugs as cyanide and arsenic: *Deadly poisons*. Methanol toxicity mimics

multiple sclerosis, especially for Diet Coke™ and Diet Pepsi™ drinkers. Probably due to the irritation, victims increase their consumption of the drinks, often to three or four 12-ounce cans per day or more.

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

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

As in so many cases of drugs, these cause a contrary effect. People use the "diet" drinks and so many other products because they feel that it helps them enjoy food without causing increase of weight. That is not the case. The Congressional record has a notation which states that, "It makes you crave carbohydrates and will make you FAT". Dr. H. J. Roberts (1-800-814-9800), diabetes specialist and world expert on Aspartame, has also written

against the use of Aspartame in a book titled, *Defense Against Alzheimer's Disease*. He observes that when he got patients off Aspartame, they lost an average of 19½ pounds. In his book, he notes that Aspartame poisoning is escalating Alzheimer's Disease. A hospice nurse also observed that some women are now being admitted with this disease at 30 years of age.

Aspartame is especially deadly for diabetics. Physicians know what wood alcohol will do to a diabetic. These patients develop vision problems (retinopathy). The Aspartame keeps the blood sugar level out of control, often causing patients to go into a coma. Many have died. At a conference of the American College of Physicians, people reported that they had diabetic relatives who switched from saccharin to an Aspartame product, and that the diabetic had gone into a coma. Their physician was unable to control the blood sugar. The patients suffered acute memory loss, eventually coma and death.

The products of Aspartame are neurotoxic, but slip past the blood-brain barrier and break down the neurons in the brain. Dr. Russell Blaylock, a neurosurgeon, said. The ingredients of Aspartame stimulate the neurons of the brain to death, causing brain damage of varying degrees." Dr. Blaylock has written a book titled, *Excitotoxins: The Taste That Kills*. (Health Press, 1-800-643-2665)

"We are talking about a plague of neurological diseases, including manic depression, panic attacks, rage and violence," reported some physicians.

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

continued on page 5

Aspartame ...

continued from page 4

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

Aspartame Disease is partially the cause of what is called “The mystery of the Desert Storm health problems”. Several thousand pallets of diet drinks were shipped to the Desert Storm troops. They sat in the 120 degree Fahrenheit sun for weeks while the Aspartame broke down into methanol and formaldehyde. The service men and women drank them all day. All their symptoms are identical to Aspartame poisoning.

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

There is an excellent replacement product on the market: Stevia, a sweet food, not an additive, which actually helps the sugar metabolism and which is ideal for diabetics. It has now been approved as a dietary supplement by the FDA. However, for years, the FDA had outlawed this sweet food because of their loyalty to Monsanto.

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

cal lobbies.

A recent update from Jim Davis of Garden Grove, CA, is headlined: **Aspartame, The World's Best Ant Poison.** Jim reports that he heard that Aspartame was originally developed as an ant poison but the company realized that they could make a lot more money on it as a sweetener! He tried it and it was far more effective than any ant killer on the market. It even wiped out an entire colony of fire ants in 48 hours once it was slightly moistened with a sprinkling of rain, not enough to wash it away.

We have long known that the FDA protects the food and drug industries, not the trusting public. Just because the FDA allows products in the processing of foods (canning, jarring, freezing, preserving, etc.) does not mean that the many chemicals used in the processing are safe. Nancy Markle warns, if the label says, “SUGAR FREE—DO NOT EVEN THINK ABOUT IT!!!”

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



The Slow Poisoning of America

Creating Obesity With MSG

by Charlotte Gerson

John Erb, a long time research assistant at the University of Waterloo, Waterloo, Ont. Canada, discovered that no strain of rats or mice is naturally obese. In order to do studies on obesity in animals, the scientists had to create obese animals to use in diabetes test studies. In hundreds of studies around the world it was described that obese mice and rats were created. The way to do this is by injecting them with MSG (monosodium glutamate) when they are first born. The MSG triples the amount of insulin the pancreas creates, causing animals to become obese. These animals are referred to as “MSG-Treated Rats.”

Upon making this discovery, John Erb checked the cupboards in his kitchen and fridge and found that MSG was in *everything!* A few examples: Campbell's soups, Lay's Doritos, Lay's flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, and Kraft salad dressing. You will not always find MSG described as an additive on the label of the processed foods. Manufacturers know that many people, aware of the danger of MSG, avoid foods labeled as containing it, its presence is often disguised by calling it “Hydrolyzed Vegetable Protein”. MSG was also added to Burger King, McDonalds, Wendy's, Taco Bell and particularly Kentucky Fried Chicken—every restaurant uses MSG in abundance.

John Erb explains in his book, an

expose of the food additive industry, called *The Slow Poisoning of America*, that MSG is added to food for the addictive effect it has on the human body! The food manufacturer's lobby states that the reason why MSG is added to food is to make people eat more! MSG is also a flavoring substance and, *according to the manufacturers*, addicts people to their product. It was scientifically proven to be an addictive substance as long ago as 1978.

The FDA has set no limits on the amount of MSG that may be added to foods. They claim that it is safe in any amount. Yet, MSG's side effects have been known for decades. They include diabetes, migraines, autism, ADHD, even Alzheimer's disease.

Meantime a political lobby is pushing a Bill through Congress called the “Personal Responsibility in Food Consumption Bill”, also referred to as “Cheeseburger Bill” which bans anyone from suing food manufacturers, sellers and distributors. It passed the House of Representatives and is expected to pass the Senate and will protect the food and beverage industry from civil lawsuits regarding adding dangerous and additive chemicals to foods.

We revert to our oft-repeated warning: to protect your health, eat only fresh (not processed) organic foods and limit restaurant meals to rare occasions—if indulged in at all.



Don McQueen:

Recovery From Colon Cancer

by Don and Mieceke McQueen

Don and Mieceke McQueen wrote the story of his recovery from colon cancer, and since it was told from the standpoint of both patient and caregiver, we thought it was worth printing in its entirety. Don also appears in the new documentary, "Dying to Have Known." This is part one of two parts, the next part will appear in the next issue. —Ed.

Don: In the late summer of 2000, I first noticed a sharp pain every few days in my abdomen on the right side. On our boat in British Columbia we went to a doctor in Canada who did X-rays and an ultrasound. They could not see anything and decided it was probably my gallbladder. A few months later after intermittent pains an X-ray and scan in Port Townsend, again only possibly indicated Gallstones. No other procedures were suggested and we went on our long-planned family trip to Europe, March through June 2001. In October 2002 the pains returned more often and stronger. By then we were back in California and the ultrasound at Carmel hospital showed two gallstones. Through friends I had a great surgeon and he decided to remove the stones laparoscopically. When he got in he said my gallbladder looked perfect and he saw a very red area on the outside of my colon, so he closed me up. I had a colonoscopy a few days later and they found a baseball sized tumor in my colon at the secum valve. Within twenty-four hours he operated, removed the tumor, eleven inches of colon, and for "good measures," my gallbladder and my appendix. (The last two were removed so I "wouldn't have any troubles in the future out on the boat in the wilds of British Columbia.")

During the three weeks I was recovering in the hospital, the doctor said I had to do at least two years of chemo because one of the lymph nodes near the tumor was cancerous. Mieke, my wife, and I started investigating chemo and didn't like what we found. The oncologist talked for forty-five minutes about how wonderfully improved the new oral dosage was and that

we could still travel. Then I looked around in his waiting room and every person there looked terrible, like death warmed over. When we asked him about alternatives he said there were none.

Mieke: At home we read and talked ... all the possible side effects of chemo looked to just aggravate and worsen any and all the symptoms bothering Don. Most books dealt only with helping to alleviate the side effects, nothing to help rebuild a failing body. When my father died of duodenal cancer in 1984 I had learned enough that cancer wasn't just the tumor, but that the whole immune system was involved. Some books introduced the idea of nutrition as the link to cure and prevention. This made more sense to us. (We did consider Sir Francis Chichester's approach: sell all, change your life style totally. He moved from England to a beach house in France and survived cancer. We started looking at building a new boat in New Zealand ...)

Don: Our daughter Torre asked if we would consider the Gerson Therapy and brought us books from Dr. Gerson and Charlotte. I phoned every person who had done the Gerson Therapy that I could find from the Gerson office list. All were solidly positive.

Mieke: We decided on Gerson because it made sense to work on rebuilding Don's immune system with fresh organic live enzymes to nourish it and detoxify his liver to prevent any more tumors. We understood from talking with Charlotte that once we started, it was important to continue and not interrupt the Therapy. We thoroughly disliked flying and our youngest daughter was still in school in British Columbia, so we did not go to the clinic in Mexico but drove north to Canada in January 2003 with our new Norwalk juicer, and loaded with carrots and apples. Our island hideaway has a weekly farmers market and weekly wholesale organic produce delivery from Vancouver, so we had plenty

of fresh supplies to "blow out" over our ceiling and walls. The kitchen was revamped to only house Gerson-approved food items with a list on the fridge of foods and herbs allowed. The coffee and oatmeal canisters even got measuring cups in them permanently. All that we needed every day stayed out in easy reach—nothing else. Our well water had a minute amount of natural fluoride, so we bought a distiller to keep in the basement as well as an extra fridge next to the storage room. We had been easing toward the full regimen ... but going full out, 13 juices for Don and six for me with all the preparations, was almost overwhelming the first week or two. Yes, I cried a few times on the phone to Torre, and Don groaned, "Not another one—it hasn't been an hour YET!"

Don: I found it hard in the beginning to drink eight to ten ounces of juice every hour and have three full meals too.

Mieke: After about two weeks, the supplements enhanced our digestion and helped our metabolism "speed up". Then it became easy to have 10-12 oz. juices.

Don: I found the coffee enema was very hard (maybe it was because I didn't want to do them) but I think it was mostly because I had lost 11 inches off my colon. I have never been able to hold a whole quart. At first I was able to do half, then the second half so that doing five enemas a day took up a lot of time (plus cleaning up the bathroom). The coffee breaks have never been easy, so I kept experimenting. I tried every different thing I could think of, including two, one right after the other. Then I tried letting just a small amount of coffee in, about half an inch in the bucket, waiting from two to four minutes. Then I would get up, and let it out, and start again, managing about 80%, only if stopping for about half a minute, then adding about 1/8th inch from the bucket at a time. I keep this up, waiting a bit, then adding a bit, until I found that I could take it all, usually, over time. I start timing after 80% is in, and hold, it for 14-15 min.

By the end of first year, I had reduced to three to four enemas a day, and after

continued on page 7

Don McQueen ...

continued from page 6

two years I've reduced it to one each day unless I don't feel well.

For me, I have found that the coffees are best first thing in the morning.

A friend of ours was diagnosed with melanoma about the same time I had my operation, and said he couldn't make himself do coffee enemas. He died almost a year ago. Charlotte always told me not to worry about coffee enemas being addictive, or habit forming, but after doing a few thousand of them, I think they are, because you feel so good after doing one!

Mieke: Don never had chemo as he also never did castor oil. In fact, just mentioning the word brought back such vivid memories of childhood that he was practically on the toilet, just thinking about it. His aunt used to use castor oil and soap bars to reprimand the boys about misbehaving and bad language.

The coffee breaks were true "breaks" for me—a welcome moment for the caregiver to STOP cleaning, cutting, prepping, ordering, bringing juices, doing laundry, keeping everything organized and on time. Don uses the time with eyes closed to visualize relaxing and healing.

Initially I only re-read the *Gerson Therapy Handbook*, *50 Cases*, *The Gerson Therapy*, and other approved books to make sure I was doing things right.

Don: After two or three months I began to see and feel some benefits, like no more bad headaches. I have had a few broken bones: shoulder, legs and ankles, which, for years, always had given me great pain, keeping me from sleeping soundly. On this Therapy I began sleeping better than I ever had.

Mieke: He even stopped snoring ... a sound I didn't miss after 25 years!

Don: All the residual pain disappeared. A scar on my right leg, that had been there since I was 15 years old disappeared! Little brown bumps (11 of them) around my neck disappeared. My fingernails improved in strength and the fungus reduced. My skin was smooth and soft, and an irritating,

itchy, red, flakey condition I'd had on my hands (going up to my arms at times) for 45 years, also disappeared. I started feeling very good, with lots of energy and enthusiasm.

Mieke: After the first year, I'd hear Don on the phone, "I haven't felt this good in 20 years"... Over the second year that went to "this good in 25", then "30", and finally, "I haven't felt this good in 35 years!"

Don: In 1983 I had detached retina in one eye, and partially in the other. I'd used artificial tears all the time since, and after about six months of Gerson Therapy, I didn't need tears any more. I also used to have "flashes" regularly in my eyes which are almost all gone. The eye specialist explained in '83, that flashes were indication of pain in your eyes.

After the colon operation, my hair was snow white, but with Gerson Therapy, it started to get dark again!

I experienced all those benefits and never any "healing reactions" or flare ups that I could recognize as described. I worried sometimes that maybe we weren't doing everything right. One day in conversation with Charlotte Gerson, she did mention that not everyone experiences reactions.

Mieke: I remember Don having maybe three different days in the first year of chills on his back (like a light fever) and there were about six days of moody, emotional dips from him. As for me, I had progressed from six juices at first to 13 at three months on. My only "flare up" was one week of herpes (cold sores) marching across my lips (after eight months on the Therapy).


Another interesting event related to our teeth: Don had the cleanest teeth he's had in his life and I had the worst plaque ever (even with 2-3 times brushing daily)! Neither of us had any prior root canals to worry about and I had my amalgams removed before starting the Therapy. Luckily our local island dentist-on-a-boat was happy to use Aloe Vera toothpaste to do cleaning, rather than the standard chemicals.

Don: On December, 2004, (at 22-23

months into the Therapy) we drove to a clinic in Salt Lake City, Utah, where the doctor specializes in examining live blood cells on the black field microscope. It was fascinating to watch the white blood cells "clean up" a red blood cell and move on to the next one that needed repair. She said I was the first person whose blood she looked at that she couldn't tell I'd had cancer, and that my blood was good!

Mieke: At this clinic, we found a group of people who could actually talk about and use the word cancer—very refreshing. I remember back 35 years ago, when my grandmother died, they couldn't even say the "C" word, let alone, "cancer". (I learned it was colon cancer 15 years later, when my father died). When Don was first diagnosed, responses varied ... chemo was mentioned but not cancer.

Some friends admitted last year they figured never to see him again—some could only ask, how was Don with "the ..." or "the big C". Some could talk about Gerson while others just labeled what we were doing as "quackery". The most frequent thing asked throughout the two years was, "well how are you *now*?" in a tone that implied he was lying if he responded with "better than ever!"

Don: I've also done the AMAS test by ONCO labs in Boston, Massachusetts, May and October of 2005. A naturopath recommended this as a monitoring test for cancer, two times a year for the next three years and then one time per year after that. It is a very simple blood test which "measures serum levels of AMA, an antibody found to be elevated in most patients with a wide range of active non-terminal malignancies." It is effective for screening and monitoring early (non-terminal, stage one and two) cancers. It is not appropriate for late stage (clinically terminal) cancer because 1) the antibodies a body produces, start sticking to the tumor and 2) your immune system is already shutting down—your body stops producing antibodies when it is overwhelmed and deficient. 

The rest of Don and Mieke's story will be in the Nov./Dec. Healing Newsletter. It is an interesting account of how the Therapy can affect and heal an entire family. —Ed

Slight Increase in Survival, Vast Increase in Cost

Prices Soar for Cancer Drugs

By Liz Szabo, *USA Today*

Spiraling prices for new cancer therapies—up to \$10,000 a month for a single drug—are causing alarm among patients and insurance companies.

“These costs are out of control,” says Fran Visco, president of the National Breast Cancer Coalition, which is planning a conference focused on drug costs in the fall. “We can’t allow it to continue.”

The cost of a cancer drug prescription rose nearly 16% last year, compared with 3% for other prescriptions, says a June report by Express Scripts, a pharmacy benefit manager. The average cost of a 30-day prescription for cancer drugs is now nearly \$1,600. The report does not include drugs given at a doctor’s office, such as Avastin.

Barbara Brenner of Breast Cancer Action says she is especially troubled by the cost of Avastin, a newer drug used to treat colorectal cancer that now sells for about \$50,000 a year. That price could jump to \$100,000 if Avastin is approved to treat breast and lung cancers, because those tumors are treated with higher doses of the medication.

“It’s really exploiting the desperation of people with a life-threatening illness,” says Marcia Angell, former editor of *The New England Journal of Medicine*.

In the past decade, researchers have been enthusiastic about Avastin and other “targeted” therapies, which are designed to attack tumors while causing fewer side effects than conventional drugs. These therapies may give patients a few more months, but they are not a cure. Given those limitations, Angell and others question whether the drugs are worth the price.

Tarsha Echols, 34, a flight attendant in Memphis, began taking Herceptin last year to keep her breast cancer from returning. That was before her employer cut her salary 35%. She plans to stop taking the drug Monday—a year early—because her health plan now requires her to pay 20% of her medical costs, or about \$800 a

month. That’s more than her rent. “I hope that whatever I’ve gotten so far is enough,” she says.

Rising cancer costs affect all Americans, says Sharon Levine of The Permanente Medical Group of Kaiser Permanente, the country’s largest non-profit health maintenance organization. Taxpayers absorb much of the bill because most cancer patients are covered by government insurance such as Medicare.

Drug industry leaders say they try to make sure patients get the drugs they need. Companies gave away more than \$8 billion in cash and products to poor or uninsured patients last year, according to the Pharmaceutical Research and Manufacturers of America.

Walter Moore, Genentech’s vice president of government affairs, says profits help pay for research. “One can’t be in business without returning a profit,” he says. “To get the returns to be able to spend the money to do the things we want to do, we have to price the way we price.”

Who’s Ripping You Off?

The above is reprinted in a powerful rebuttal to the oft-repeated accusation that the Gerson Therapy is “ripping off desperate people”, the latest instance of that found in Steve Kroschel’s stunning new documentary *Dying to Have Known*. Stanford Professor Emeritus of Oncology Wallace Sampson, a big fan of the above-mentioned ruinously expensive pharmaceuticals, claims that the price of the Gerson Therapy clinic, at about \$5,500 per week for three weeks, is outrageously expensive! Never mind the excellent results that we see consistently, just a price comparison with chemotherapeutic pharmaceuticals shows what a laughable assertion that is.

Another statement from the above article that does not stand scrutiny is that of Genentech’s Vice President Walter Moore, who claims that it is necessary to charge such prices in order to fund the research

and development of newer, more effective therapies. A recent government inquiry into similar statements from the pharmaceutical industry showed that the proportion of their expenses devoted to research and development is far exceeded by the costs of marketing and administration. Along with incessant advertisements in every media outlet possible, you may read “outrageous executive salaries” and “massive political contributions” into the “marketing” column, as well as plush offices and high returns for stockholders. The USA Today article failed to mention any of these, possibly because a substantial amount of the expensive advertising appears in their own publication.

Until the recent oil price spike that sent oil company profits through the roof, pharmaceutical companies were the most profitable industry on the planet. Yet they continue to cry poverty whenever anyone complains about the price of their products!

The next time you hear about a ripoff, you will know who’s complaining!



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Evolution of the Gerson Therapy

by Charlotte Gerson

Newcomers to the Gerson way of healing sometimes express the view that a therapy developed some sixty years ago and left unchanged ever since must surely be obsolete—after all, medicine has made huge progress since Dr Gerson's death in 1959. This criticism is wrong on several counts. For one thing, human physiology and the nature of chronic disease have not changed, and therefore the Gerson approach to healing has not become obsolete. For another, over the years the Therapy itself has been enriched with carefully chosen additions, in the spirit of Dr. Gerson, who was never satisfied with the results he obtained: no matter how excellent or dramatic they were, he felt that they could always be improved.

Since his death the work of healing has become increasingly difficult. Air, soil and water are globally polluted, food has lost a great deal of its nutritional value, besides being genetically modified, heavily processed and adulterated with chemical additives. Worse still, the use of drugs, both prescribed and over-the-counter, has vastly increased; so have certain self-destructive habits that have become part of the modern lifestyle. As a result people are more severely toxic and their bodies more damaged.

We noted early on at the Mexican hospitals that the results obtained with Dr. Gerson's strict therapy were not as good and dramatic as the ones he had described. Moreover, some of the original medications had been changed, while others were no longer obtainable or usable. For example, Dr. Gerson used crude liver extract (Lilly) to help boost his patients' liver function. Today's liver extract is much more refined and presumably not as effective. Dr. Gerson also used freshly prepared raw calves' liver juice, to help overcome the damage caused by pesticides to the patient's liver. This can no longer be done, for it was found that even the young livers from all available sources were infected with campylobacter, a bacterium that can

cause diarrhea, abdominal pain, fever, nausea and vomiting.

For these reasons, and to try to make up for the resulting deficiencies, certain items have been added to the Gerson protocol. One of them is Co-enzyme Q-10, which replaces some of the contents of the raw liver juice. Another one is defatted colostrum, an important immune booster nutrient. Since pancreatic enzymes play a vital role in helping to break down and digest tumor tissue, the addition of stronger and more frequently used pancreatin has also proved effective. Gerson doctors are also using artificial fever treatment (hyperthermia) to generate improved immune function and to speed up healing reactions. This treatment is useful since tumor tissue cannot survive in elevated temperatures that normal body tissue can easily tolerate; fever can also help to reduce pain. For a while they also worked with hyperbaric oxygen treatments, but these were found to be harmful to melanoma patients and were discontinued.

Various uses of ozone (via rectal insufflation or in its liquid form, hydrogen peroxide, used as a skin rub) have also proven helpful and effective, by killing germs and viruses, destroying cancerous tissue, oxygenating the blood supply and thereby all the organ systems, and converting free radicals into excretable compounds. An innovation in the field of diet concerns certain patients who are lactose-intolerant, *i.e.* unable to tolerate the defatted and pre-digested milk proteins like yogurt that are normally added to the therapy after six to ten weeks. In such cases protein-rich vegetarian materials such as spirulina are used.

Since patients' immune competence is generally low, great care is taken to protect them from catching colds or, worse still, flu. One recent addition to the program is grapefruit seed extract, which has antiviral and anti-bacterial properties. Taken orally and used as a gargle, it can ward off a cold if taken at the very first suspicion of trou-

ble. Another excellent preparation is the homeopathic Flu Solution by Dolisos America, Inc. (www.dolisosamerica.com)

These are just some of the items added in recent times to the basic Gerson program in order to increase its effectiveness. Needless to say, before being applied they must be proven to be "NON-TOXIC". Also, prior to being given to patients, I try them out on myself. Since I am very sensitive to any toxic substance, I can usually tell immediately if any of them is of questionable safety. Only when I am satisfied that they are safe are they cautiously administered to a few patients, whose response is then carefully evaluated. Only by combining promising innovations and additions with extreme caution can we ensure that the Gerson Therapy does its work well under today's increasingly difficult circumstances.



Guns and Doctors

Source: Various

- The number of physicians in the U.S. is 700,000.
- Accidental deaths caused by physicians per year are 120,000.
- Accidental deaths per physician is 0.171. (Statistics courtesy of U.S. Dept. of Health Human Services)
- The number of gun owners in the U.S. is 80,000,000. Yes, that is 80 million.
- The number of accidental gun deaths per year, all age groups, is 1,500.
- The number of accidental deaths per gun owner is 0.000188.

Statistically, doctors are approximately 9,000 times more dangerous than gun owners. Remember, "Guns don't kill people, doctors do."

FACT: NOT EVERYONE HAS A GUN, BUT ALMOST EVERYONE HAS AT LEAST ONE DOCTOR.

Please alert your friends to this alarming threat. We must ban doctors before this gets completely out of hand!

Out of concern for our readers, we have withheld the statistics on lawyers for fear the shock would cause people to panic and seek medical attention.



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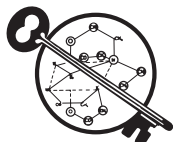
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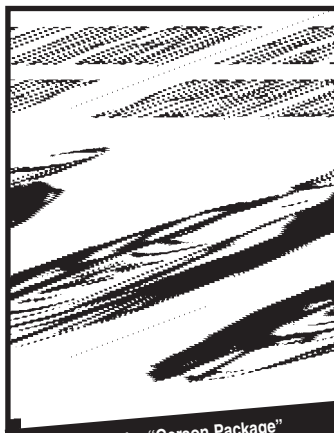


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Gerson Therapy Workshops, Lectures & Events, 2006

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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
September 2, 3, 4, 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. http://www.cancercontrolso-ciety.com/meeting2006.htm
Mon., Sept. 18 to Fri., Sept. 22, 2006	Week-long residential wellness program	Charlotte Gerson Health Restoration Center, San Diego, CA	Faculty: Charlotte Gerson, Carol Beard, Dave Herbert, Chef, Kayla Smith, ND	Carol Beard, The Gerson Institute, tel: (619) 685 5353 x102. cbeard@gerson.org . Call for program prices.
Sat., Sept. 23 and Sun. Sept. 24, 2006	Cancer Control Society, Japan Branch 2006 Convention	Toshi Center Hotel, 2-4-1, Hirakawa-cho, Chiyoda-ku Tokyo 102-0093, Japan www.toshicenter.co.jp	Howard Straus, Author, Dr. Max Gerson: Healing the Hopeless, Pres., Cancer Research Wellness Institute	Frank Cousineau, President, The Cancer Control Society, Tel.: (209) 572-2393. Email: lifesupport@juno.com . Mr. Akitsugu Moriyama President, Cancer Control Society, Japan Branch. Charge for admission.
Friday, Oct. 13, 7:00-8:30pm Saturday, Oct. 14, 11:00am-1:00pm	Showing of "Dying to Have Known" Gerson Therapy Lecture	First Assembly of God, 1741 Essington Road, Joliet, IL 60435	Charlotte Gerson	Dr. Byron Coker, Tel: (815) 577-8527. Email: byrontroydc@aol.com
Fri., Oct. 27 to Sun., Oct. 29, 2006	Gerson Caregiver Course	To be announced.	To be announced.	Carol Beard, The Gerson Institute, tel: (619) 685 5353 x102. cbeard@gerson.org .
Sat., Nov. 11, 2006	Benefit Showing of "Dying to Have Known"	Indigo Village, Encinitas, CA	There will be a charge for the showing	Diane Ake, The Gerson Institute, tel: (619) 685 5353 x102. cbeard@gerson.org .
Friday, November 24 to Saturday, November 26, 2006	Whole Life Expo (there is a fee for attendance and lectures)	Metro Toronto Convention Centre, 255 Front St., Toronto, ONT Canada	Charlotte Gerson, also will show "Dying to Have Known"	Whole Life Expo Show Office, 356 DuPont St., Toronto, ONT, Canada, M5R 1V9. Email: info@wholelifeexpo.ca . Expo Hotline: 416-515-1330

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