



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

### Seven Years Later

## Changes in School Cafeteria Foods

by Jeffrey M. Smith of the Institute for Responsible Technology

“About seven years ago, the Appleton, Wisconsin, high school replaced their cafeteria’s processed foods with wholesome, nutritious food. Before this change, the school was described as “out-of-control”. There were weapons violations, student disruptions, and a cop on duty full-time. After the change the students were calm, focused, and orderly. There were no more weapons violations, and no suicides, expulsions, dropouts, or drug violations. The new diet and improved behavior has lasted for seven years, and now other schools are changing their meal programs with similar results.”

We reported on this welcome diet change and the dramatic effect it produced a number of years ago. However there are some new insights coming to light with this change. By replacing processed and junk food, automatically genetically modified foods have also disappeared from the students’ diet.

In December 2002, *Science* published an article stating “food molecules act like

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### Faye Chipperfield:

## Overcoming Cystic Fibrosis (CF)

by Charlotte Gerson

*Editor’s note: We met Faye Chipperfield and her mother, Avril, at the Gerson Therapy clinic in Tijuana in 1994. At the time, we could not tell which was the patient, which the companion, as both appeared in good health. Avril had brought her daughter all the way from Australia, not willing to accept the MDs prediction of a total life expectancy of 20 years for her precious 14-year-old daughter. The results with this “incurable” disease was unexpected even for us. While Faye is not considered “cured”, this story is important in a couple of respects: The influence of vaccination on Faye, and the fact that even people struggling with CF can survive, have children, and live a relatively normal, complete life. —Ed.*

Faye Chipperfield came to Gerson Therapy hospital in Mexico when she was about 14 years old. She suffered from cystic fibrosis (CF), a supposedly genetic disease. Its victims suffer from excessive mucus formation in the lungs, which then becomes a breeding ground for the regular invasion of germs and viruses. These, in turn, cause constant lung infections that are regularly treated with antibiotics. Since the accepted

wisdom is that the disease is genetic, CF is also considered ‘incurable’.

Faye was a totally normal baby until she was about six months old, when she was given a measles, mumps and rubella (MMR) vaccination. Almost immediately after that treatment, she developed a ‘flu’ that she was unable to overcome. She was taken to the Royal Children’s Hospital in her native Adelaide, Australia for a complete diagnosis. Her condition was determined to be cystic fibrosis.

The medical people strongly denied the possibility that she contracted the illness as a result of her vaccination. Yet, *not one other member of her family*, siblings, cousins, aunts or uncles had ever suffered from this ‘genetic’ problem.

Following Faye’s diagnosis, she was constantly treated with antibiotics due to her lung infections. The drugs kept the infections more or less under control; however she suffered from pain and breathing problems in spite of the treatment. She was also not growing normally for her age. The average life expectancy for cystic fibrosis patients is about 20 years of age.

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## School Foods ...

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hormones, regulating body functioning and triggering cell division. The molecules can cause mental imbalances ranging from attention-deficit and hyperactivity disorder to serious mental illness.” We have already seen a number of reports showing that kids who are ‘hyperactive’, or who have supposed attention-deficit disorder come around very well to total normalcy if they are placed on an organic diet, free of pesticides and food additives.

Animal tests have shown various changes in animal behavior when the test animals were fed GM foods. Jeffrey M. Smith points out that “Unfortunately, there is a much bigger experiment going on, one in which we are all involved: we are being fed GM foods daily, without knowing the impact of these foods on our health, our behavior, or our children. Thousands of schools around the world, particularly in Europe, have decided not to let their kids be used as guinea pigs. They have banned GM foods!”

The concluding paragraph by Mr. Smith is not news for members and friends of the Gerson Institute and the ‘Gerson Way’. “With the epidemic of obesity and diabetes and with the results in Appleton, parents and schools are waking up to the critical role that diet plays. When making changes in what kids eat, removing GM foods should be a priority.”



## 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 US\$40.00 or more (foreign memberships US\$45.00) to The Gerson Institute.

## Whole Life Health Expo 2006 Expo in Toronto

by Howard Straus, Editor

On Thanksgiving Day, Nov. 23, 2006, Charlotte and your Editor climbed aboard aircraft in their respective home cities and flew off to Toronto, Ontario, Canada for an appearance at the Whole Life Health Expo, held annually at the Metro Toronto Convention Center.

Last time we went there in 2004, Charlotte showed *The Gerson Miracle* to a full-house crowd of 600 people, who got an extra treat when Steve Kroschel appeared in person to greet them. The film got a standing ovation, as if it had been a live performance.

Within minutes of the end of the film, it seemed that all 600 people were at the sales booth, wanting to buy literature and DVDs, and we sold out within a few hours, leaving us for the rest of the 3-day convention with an empty table to greet potential buyers.

This time, we took more books, DVDs, booklets, and showed *Dying to Have Known*, again, to a full house, again to a standing ovation. Charlotte addressed the assemblage after the movie, stirring them

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### Gerson Institute Wish List - Can You Help?

- Webcam
- Video camera
- Video capture device
- Digital camera
- Access Programmer volunteer
- Graphic Artist volunteer
- Website volunteer

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## Cystic Fibrosis ...

*continued from page 1*

With the Gerson Therapy, Faye’s infections came under better control, her breathing problems improved, and most importantly, her constant chest pain disappeared. However, some time after she had returned home and was going to school, she drifted away from the Therapy and her problems worsened. She returned to Mexico, accompanied by her mother, despite her doctors’ dire warnings and scare tactics – and once again her condition improved. Meanwhile, her mother suffered from chronic fatigue syndrome (CFS). She was also cleared of that problem by the Gerson Therapy.

Among other medical counsel, Faye was also told that she could never have children. Nevertheless, she did marry and bore a normal, healthy baby boy, now 19 months old. At 26, Faye is not fully recovered and worsens when she is off the Therapy. Today she is seriously considering going back to the full treatment to improve again.



## GERSON® HEALING NEWSLETTER

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## MORE TRIUMPHS FOR DR. GERSON'S GREAT-GRANDDAUGHTER

Our big celebration on March 24 for Charlotte Gerson's 85<sup>th</sup> birthday would not be complete without another stirring performance by her violinist granddaughter Francesca Dego. Francesca will be arriving to celebrate her grandmother, but also her own 18<sup>th</sup> birthday, and as she comes of age (in her native Italy kids vote, drive, can write checks and are considered full citizens at 18) she can look back on an extraordinary year. She got her diploma from the Milan Conservatory in July at an unusually young age and with top marks, cum laude and special mention of honor.

Together with pianist Francesca Leonardi she produced another superb CD, with two of Beethoven's most celebrated sonatas for violin and piano, numbers 8 and 9—the famous Kreutzer—(copies available from the Gerson Institute). The girls have played and been interviewed on radio in Italy and Switzerland, and performed concerts in many important halls. Francesca won a prestigious prize, named after the violinist Bruno Zanella, and performed in a

season dedicated to the memory of the most famous Italian lady violinist Teresina Tua. And we were dazzled to hear that during the Lebanese war, when she took the risk of traveling to Israel for the Violin Mastercourse Keshet Eilon, Francesca was chosen to play the violin part in duet with Shlomo Mintz on the viola and conducting the Israel Sinfonietta of Be'er Sheva in the Sinfonia Concertante by Mozart! They performed before 2,500 people in a packed Tel Aviv Opera House. Mintz is considered by many to be the world's greatest living violinist.

The Italian press was full of the story, front page news and e-mail interviews with Francesca. She twice performed for Israeli TV and received glowing reviews for other performances there. In September Francesca was one of 55 pre-selected from all over the world to compete in the world's most prestigious violin competition, the Paganini Prize. And she was thrilled to be the only Western European contestant to make it into the semi-final round. Italian TV broadcast part of her performance and again this rarity was well

covered in the press.

Performing with Francesca we'll also be welcoming back Daniele Rustioni, the promising young conductor who played the piano in the Benefit Concert last April. The two artists will be performing an entirely new program, so don't miss it.

And while we are on the subject of Italy, we are also delighted to hear that Charlotte Gerson's book has gone into its fourth printing there, thanks to the hard work of her daughter Margaret (Peggy) and her husband Giuliano Dego, the translation of whose prize-winning novel about Gerson, *Doctor Max*, stimulated so much interest in the Gerson Therapy in his native country.

We are looking forward to the gathering of the talented Gerson family in March and the opportunity of hearing Francesca and Daniele in concert on March 24 and in a special benefit concert on March 25 in Kensington, California. More details in our next issue.

—Anita

## Diane's Corner

by Diane Ake, Resource Specialist

### Reminder - Membership Fee to Rise

Starting in January we are raising our annual membership fees to US\$40 and US\$45 international to meet our increased printing and postage costs. We appreciate the continued support of each and every one of you. Thank you!

### Useful Links

A bibliography of all of Dr. Gerson's publications can be found at <http://cancer-research.net/GersonPubs.html>. All the English-language papers have been put into Adobe Reader "PDF" file format, and links from this bibliography allow you to read all of Dr. Gerson's English publications online.

Listen to a 28-minute interview with Charlotte Gerson and Howard Straus (an

excerpt of the October 23 interview on WBAI radio which had a terrific response with a record number of callers and donations) at [http://gerson.maddeer.net/audio/WBAIInterview10\\_23\\_06.MP3](http://gerson.maddeer.net/audio/WBAIInterview10_23_06.MP3).

Want to know the real story behind all the "pink" products supposedly raising money for a cure for breast cancer? Check out Think Before You Pink at <http://www.thinkbeforeyoupink.org/>.

### *Dying to Have Known* on WWW-PPV

The Everlasting Gospel Broadcast Network has put both of our documentaries on their webcast system, with *Dying to Have Known* as a "Pay Per View" or for purchase, and *The Gerson Miracle* free, as it is elsewhere on the WWW. The quality of both picture and sound is excellent. You can see it and tell your friends about it by going to [www.egbn.net](http://www.egbn.net), and clicking on the "Menu"

tab, then "World Stations", then choosing "the Gerson Channel" for previews and selection of trailers, previews and chapters of the documentaries. You must have Adobe's Flash Player, a free download. Thank you, EGBN.TV!

## 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](http://cafemam.com)

*Cancer specialist attacks alternative therapies*

## Glass Houses

From the Internet

Everyone knows the old saying 'People in glass houses shouldn't throw stones', everyone, that is, except Prof. Jonathan Waxman, a cancer specialist at Imperial College in London.

He's been throwing stones at the alternative medicine and organic foods markets, which he says do nothing to help cancer patients other than to give them false hope, and generate vast profits for themselves in the meantime.

"It is the hope of clinicians that the snake oil salesmen that peddle cures and exploit the desperate will be tipped in the cobra-filled dustbin of oblivion," he writes in a vitriolic essay in the *British Medical Journal*.

To that end, all alternative strategies should be reclassified as drugs—as they all claim a cure (although few to our knowledge actually do)—and legislate them out of existence, he says. "Protect our patients from vile and cynical exploitation whose intellectual basis, at best, might be viewed as delusional," upon saying which he went back into his house, made entirely from glass.

First up with his own slingshot was Dr. Damien Downing, medical director with the Alliance for Natural Health, a group that is fighting to safeguard alternative medicine against a barrage of EU legislation.

Prof. Waxman assumes that, in contrast to alternative and complementary medicine, conventional therapies are tested by sound science. Sadly, that's not the case, says Dr. Downing. A quick visit to the *BMJ* Clinical Evidence website reveals that, of the 2,404 treatments surveyed, just 15 per cent were rated as beneficial, while it's not known if 47 per cent are effective at all.

Turn to Prof. Waxman's own specialty of oncology and the picture worsens. A study prepared in 2004 revealed that chemotherapy achieved a five-year survival rate of less than 2.5 per cent. Dietary

*Skiing, Rock climbing, Motorcycling, Golf ...*

## Esther's Active Recovery from Breast Cancer with Liver Metastases

by Esther B., as reported to Charlotte Gerson

On September 13, 2006, the Gerson Institute received the following e-mail:

"For those who don't know me ... I'm a 45-year-old stage IV breast cancer patient, with met[astase]s to liver and bones. In January 2004, when diagnosed stage IV, my liver was so covered in tumors that it was shutting down. My skin was completely yellow, even my eyes were yellow.

"I didn't know any better, so I began Chemo treatments at once. My onc[ologist] said that with treatment, we could hope for a year. I went in search of other options, and stumbled upon Max Gerson's method. I figured I had nothing to lose. Liver met[astase]s from breast cancer has a very poor survival rate with traditional medical treatment. Fewer than 1% survive past two years.

"I celebrated my two-year anniversary of being diagnosed with breast cancer with metastases by skiing in Telluride, CO, one of the steepest mountains in the U.S.



*Esther celebrates life at Telluride*

"Well, I am still here, and just had a PET/CT scan to check my status. I'm getting close to three years now. Things are better than ever! My liver is fully functioning! Nothing in my bones! Nothing to treat! I was walking on air!!!

"I'm not just here either ... I snow ski 30 days a year, water ski every summer, rock climb, golf, motorcycle ride and travel frequently.

"I am followed by my traditional oncologist, who orders all my tests for follow-up. He can't explain my marvelous progress. They say in his office that 'I cured

myself' and that I am a 'miracle patient'. Even my traditional oncologist is asking questions about my lifestyle and supplements.

"So for me ... the only proof that counts is how well I am doing and I know that lifestyle changes have had an enormous impact on my health."

Signed: Esther—California

changes are four times as effective in treating cancer, another study revealed.

Other doctors don't seem to share Prof. Waxman's confidence in the scientific basis of medicine. Writing in the same issue, Aubrey Blumsohn, a consultant at the Sheffield Teaching Hospitals, says that doctors have allowed the drugs industry to sabotage medicine. "We have allowed (the drugs) industry to subvert the rules of science. We have watched quietly as governments and academics have colluded with industry to hide information critical to our patients. We have remained silent as our medical schools have churned out graduates who have no knowledge of the dilem-

mas and scandals of medicine. We have allowed many of our medical journals to become corrupted and timid," he writes.

Come to think of it, Prof. Waxman's house isn't made of glass at all. It's constructed entirely from straw.

(Sources: *British Medical Journal*, 2006; 333: 1121 (Blumsohn) and 1129 (Waxman)).

*Editor's Note: There are two intriguing statements in this article. One is the "less than 2.5%" figure for chemo, essentially "zero". The other is "few [alternative therapies] to our knowledge actually do [provide cures.]" If any cures exist, shouldn't they be trumpeted rather than attacked?*

## Irene Stananought Visits Us in Toronto

by Charlotte Gerson

In March 1996, Irene told us, she first noticed an irregular beige shape on the inside of her knee. This turned into a black mole. She made an appointment with her doctor, Dr. Hassell, MD in Toronto, who told her, "It's nothing."

Some months later, when she noticed the mole was growing rapidly, Irene went back to the same doctor who again said, "It's nothing to be concerned about."

By October it had grown further and it was red. At that point, the doctor told Irene to have the mole checked by a surgeon. Irene went to a surgeon specialist who excised the growth in the hospital after doing routine checks. These included an X-ray of her lungs. As it turned out later, he probably saw a suspicious area in her lung. He called Irene the same day and told her that she was suffering from melanoma, stage III. Irene had no idea what this was; and when the surgeon told her it was cancer, she was thoroughly shocked. The surgeon arranged to perform a deeper excision on November 18<sup>th</sup>—while Irene refused anesthesia! At the time, she had a bad cold.

The surgeon removed a good deal of tissue and on the follow-up, he said that he "got all of the cancer in that area", but suggested that Irene have another chest X-ray in three months. When Irene asked him why, he answered, "To see if it had spread to the lungs." Irene asked further why it would spread if it was all removed. He answered that he just wanted "to make

sure." He then suggested a regular check also of her lymph nodes. She asked him how she could prevent the spreading, and he answered, "That is up to your immune system." Irene persisted and asked how she could improve her immune system. At that point, he just looked at her ...

Irene realized that the surgeon didn't



Irene Stananought with Charlotte,  
Toronto Health Expo, Nov. 2006

have any idea, much less suggestion as to what she could do, so she decided to take matters in her own hands. Some time earlier, a friend had lent her a copy of Dr. Gerson's *A Cancer Therapy: Results of 50 Cases*, and she read it. She felt very weak and run down, had no appetite and could hardly eat at Christmas. After that, she told her husband that she was going to Mexico. Her husband said it was foolish to go to

Mexico to some quack place, but she went anyway.

Irene arrived at the Gerson hospital in Mexico in January 1997 and stayed for two weeks. When she returned home, her mother stayed with her for two weeks to help her get organized and started on the Therapy at home. She stayed with it for two and a half years. About every three months, she went through a 'healing crisis' at which time she would call Gerson networkers, other recovered patients, for reassurance. She also kept a journal where she recorded her emotional healing crises.

Irene had lots of healing reactions including pain in her right lung—a severe 'tearing' sensation, and then nothing more. This seems to confirm that the doctor did see a problem in her lung prior to the surgery; however this was not biopsied so it is not clear whether or not it was a melanoma tumor.

Seven years later, Irene feels fine, has good energy, continues to eat only organic food, but added a little fish or chicken occasionally. At one point, she felt that these were not really good, so she stopped. She also does occasional coffee enemas.

Last contacts: December 2005. Irene remained well and active. — On November 25, 2006, close to ten years after beginning the Gerson Therapy, Irene and her son visited with us at our booth at Whole Life Health Expo, a large health convention in Toronto, Canada. We were delighted to see that she looks younger than her age, continues well and stays close to the Gerson Therapy.

### Norwalk Press Cake Provides

## Moose Therapy

by Charlotte Gerson

On October 17, 2006, we received a charming e-mail from our favorite award-winning film-maker, Stephen Kroschel. He has saved many abandoned or starving arctic animals—however he and his son Garrett also consume perhaps a gallon of carrot juice daily. This leaves him with a great deal of carrot press cake. Recently,

he acquired an orphaned, sick moose calf.

Steve writes, "I have discovered that the moose LOVES the press cakes! So, instead of each day just dumping the five gallon bucket or so of press cakes onto the compost hill, I now excitedly mix the whole works into the moose's ration and into her trough. This also saves me a sizable amount of money in supplemental pelletized moose ration.

"As soon as the beast hears the cabin

door open, she crashes out of the woods, forsaking even normal wild moose food for the moment and rushes up to the trough almost jumping up and down like a puppy. I have to watch it or she'll land on me and I'll get squashed ... So, now Dr. Gerson's Therapy has extended even to what was once a poor sickly li'l orphaned moose calf."

The moose has already appeared in Kroschel's Gerson documentary *Dying to Have Known!*

## Toronto ...

*continued from page 2*

up even further. Your Editor, who mans the sales table at functions like this, was, as usually, suddenly overwhelmed by the crowd wanting to buy Gerson Therapy materials.

Fortunately, we were again sharing a corner sales booth with a delightful, powerful and knowledgeable woman named Helke Ferrie who operates Kos Publishing in Toronto, publishing all kinds of alternative health books, lecturing and agitating for life-affirming medical and healing practices. Helke and her crew gave unstintingly of their assistance when the crowds converged, for which we were enormously grateful.



*Charlotte counsels convention attendees at Toronto Expo booth*

The interest continued for three days, at the end of which, Charlotte again was allotted a two-hour lecture slot, only hours before the end of the convention. Anyone who has ever witnessed Charlotte addressing a crowd, and the response she gets will know how powerfully the message that

### Our Mission

The Gerson Institute is a non-profit organization dedicated to the healing and prevention of chronic and degenerative diseases based on the vision, philosophy and successful work of Dr. Max Gerson

## At Whitaker Wellness Institute

# Whitaker Effectively Treats Parkinson's with IV-Glutathione

by Charlotte Gerson

Dr. Julian Whitaker reports in his *Health & Healing* journal that intra-venous injections of glutathione are dramatically effective in overcoming the symptoms of Parkinson's disease.

Florida Neurologist Dr. David Perlmutter's research showed that serum glutathione levels were significantly lower in cases of advanced Parkinson's. All patients improved significantly; more severely ill patients were given two intra-venous injections daily for one month. Even after the IV administration was discontinued, the improvement lasted for one to three months. Response improved with administration of liver detoxifying milk thistle, suggesting that the Gerson Therapy would also improve results.

Whitaker reports that one patient arrived at his Wellness Institute in a wheelchair for the first treatment with considerable tremors in his left arm. By his second treatment, the tremor in his arm was

cancer and other degenerative diseases are curable resonates with a chronically ill population. Once again, we were overwhelmed at the sales booth; once again Helke Ferrie's crew helped us deal with the overflow.

During the convention, we were also gratified to see recovered and recovering patients who made it a point to visit with us. Both Irene Stananought (see story on p. 5) and Bill Nasby visited with us, and testified about their recoveries. We're always glad to see patients doing well. Among the three of them, Irene, Charlotte and Bill gave the crowd their money's worth!

We are always delighted with the response to our visits to Canada. This time was no exception. There was the additional bonus of getting to know Helke Ferrie better, and find in her a true and generous friend. She and her helpers pitched in on our behalf freely and wholeheartedly, allowing Charlotte the time and space to counsel many desperately ill people.

decreased and he was much more mentally alert. He was able to walk in for his third treatment but still had stiffness in his arm. Twenty minutes later, he walked around with his arms swinging, the tremor in his left arm completely gone. His mental sharpness, mood and energy level have improved so much that he was able to return to his law practice.

In another case, a 75-year old lady with weak legs, a partially numb left foot and severe hand tremors also had panic attacks. 48 hours after her first treatment, she improved, the leg weakness was gone, sensation returned to her foot and for the first time in many months, she slept 'like a baby'. She continued her treatments after returning home and is in good active condition.

Dr. Whitaker: "IV glutathione is extremely safe and beneficial even when administered several years after the onset of Parkinson's disease. The typical dosage is 600 mg three to seven times per week, administered intravenously. Not all cases respond as dramatically; however in all cases there is considerable improvement in speech, tremors, and depression."

For an instructional video that gives physicians and patients an overview of the IV delivery system, contact David Perlmutter, M.D., at 800-530-1982 and see [www.brainrecovery.com](http://www.brainrecovery.com).

## Volunteers Needed!

*If you live locally in the San Diego area, we need a volunteer 1-2 afternoons a week to help ship life-saving information to people who request it from around the world. Contact Diane Ake if you can help: [dake@gerson.org](mailto:dake@gerson.org) (888) 443-7766 ext. 109.*

# Newsletter Editor Visits Singapore

by Howard Straus, Editor

Immediately after returning from accompanying Charlotte Gerson to Toronto, Canada for the Whole Life Health Expo, November 24-26, 2006, your Editor prepared to leave for a command performance in Singapore. It was not our first choice to hop right back onto a long (!) airplane ride, but Peter Lim, our energetic contact and promoter in Singapore, was being pressed by several physicians and patients to present a reprise of our successful seminar three years ago, plus discuss the formation of a Gerson Healing Center in Singapore.

How could we turn down an invitation like that? So, we steeled ourselves for another flight, and prepared a new set of PowerPoint slides, packed some warm-weather gear (Singapore is almost smack dab on the Equator) and flew off again.

The last time we were invited to Singapore, there was great public welcome of our visit, but the authorities, possibly eager to make points with the pharmaceutical companies whose manufacturing plants they wanted, mercilessly harassed Mr. Lim and his health-food distributorship from the first moment he advertised our appearance. Interference with his cell phone service, his email jammed, weekly raids on his offices, and summonses to be interrogated about the safety of coffee enemas at the Health Ministry were among the travails that Peter bore with good humor and stoicism in 2003. The seminar itself was filled to capacity, though it was on National Day, the Singaporean equivalent of our Fourth of July.

## **A sea change**

This visit had a distinctly different flavor to it. Before we even arrived, Peter had arranged for the State radio station, MediaCorp's 938Live, to co-sponsor the weekend-long seminar. That meant interviews on the radio, even an appearance on the State-owned television channel, advertising spots hourly for two weeks, and, as a phenomenal bonus, the participation of the radio producer/presenters Deborah De

Souza and Daniel Martin as Emcees of the seminar, all weekend long.

Totally absent from Peter's experience was the harassment and interference by the state health authorities we received during our last visit. Although they more or less ignored us in the news media, that was already an improvement over the slanderous articles that had appeared last time by media MDs. Peter was, of course, ecstatic.

## **Radio and TV**

Almost as soon as we arrived, we were led into the studios of 938Live, where we were scheduled for an interview with Deborah De Souza from 3:45pm to 4:30pm. Deborah turned out to be a young, dynamic and professional interviewer, self-confident and very well-educated on the subject of Gerson Therapy. The questions she asked were cogent, to the point, and didn't waste time with trivialities often posed by less-knowledgeable interviewers. She invited callers to ask their own questions, and we had prearranged for one of our recovered patients, Court Hanson from Carmel, to be available by telephone (at midnight California time) to tell his story.

There was such listener interest in the program that Deborah extended our interview by half an hour, a great honor.

The next day, she told us that there had been such response that she had arranged for an appearance for us on the TV interview show "Channel Asia News", a show that is beamed as far as southern China and northern Australia. The next day, we saw the effects of the TV show when our visitor counter tallied numerous hits on the *Gerson Miracle* documentary website from far and wide in Southeastern Asia.

## **Seminar**

Peter had arranged for a lovely venue for the seminar, a country club called "The Pines", with a beautiful lecture hall and a fine support staff. All was prepared, including a healthy box lunch from Peter's health food distributorship, Nature's Glory.

Now it was time to deliver.

Somewhere near 300 people attended the weekend seminar, and the radio presenters, Deborah De Souza and Daniel Martin, Emcee'd the event. We had prepared the presentation slides, and had added showings of *Dying to Have Known* and *The Gerson Miracle* to the agenda immediately after lunch, one on each day.

Given the health status of Singapore, it was clear that there were going to be many people in the audience who had significant health challenges. This became more evident as the lectures progressed, since many of the questions on the various topics were detailed and personal, rather than just general. We were glad that the audience was, and stayed, engaged and interested. The films, of course, kept the people riveted to the screen, the sound system was expertly set up, and all went very smoothly.

All through the seminar, we had patients and others willing to rise and give their testimonies about their own and others' recoveries on the Gerson Therapy. This is always one of the most convincing aspects of a Gerson presentation, and there was no shortage of testimonies, including Dr. Yuen, an MD who has been using Gerson Therapy.

Dr. Yuen came to the Gerson Therapy after independent research convinced him that the five-year survival for chemotherapy patients was less than 2.5%, or 1 in 40. An article in the *British Medical Journal* (2006; 333:1121) bore this statistic out. Other oncological studies are confirming it: a success rate essentially zero after billions of dollars in research, millions of patient deaths and trillions in chemotherapy profits.

## **Meeting with MDs**

Monday evening, Peter had invited interested medical doctors and other professionals to an evening discussion aimed at the eventual formation of a Gerson Healing Center in Singapore. Thirty people showed up, spanning many disciplines, from TCM to MDs, from nurses to nutritionists, professionals to amateurs. We addressed the group, articulating the opportunities and difficulties they would

*continued on page 9*

Did Harvard and Professor Collude?

# Study Linking Fluoride and Bone Cancer in Boys Suppressed

by Charlotte Gerson

On September 29, 2006, Samuel S. Epstein wrote a blistering letter addressed "to the Editors", but it is not clear which editors and which publication was addressed.

Samuel S. Epstein is a professor emeritus of environmental and occupational medicine at the University of Illinois at Chicago School of Public Health and is Chairman of the Cancer Prevention Coalition.

Prof. Epstein takes strong issue with the fact that a researcher of the School of Dental Medicine was put in charge of the possible connection between water fluoridation and bone cancer. Professor Chester Douglass had already been active in promoting fluoridation and had financial ties to Colgate!

An assistant to Prof. Douglass, a stu-

dent Elise Bassin had found a "robust" relationship between osteosarcoma and young boys' exposure to fluoridated water. This was extremely important—yet Professor Douglass concealed these findings from the public as well as from the Environmental Working Group who was funding the research for over three years.

To make the matters worse, Harvard exonerated the Professor of all charges in the matter in spite of well-documented evidence against him. Douglass had even gone so far as to lie about the actual figures of his own research. It finally turned out that Douglass made a million dollar contribution to Harvard's new Dental School Building.

The Environmental Study group released another article dated Washington, Aug. 16, 2006, by Lauren Sucher and

Michael Connett, which describes the release as coming in the form of a four-paragraph statement which is *secret and not available to the public*. [Italics mine]

Fortunately, the data in question have since been published in a peer-reviewed journal by four Harvard professors and PhDs which clearly point out that Douglass's statement that the findings were 'not significant' cannot be supported. An additional statement referring to Douglass' and Harvard's excuse reads "This excuse is so tortured, you can see why it took a bunch of Harvard professors a year to concoct it." Richard Wiles, Senior Vice-president of the Environmental Working Group, continues, "Whether or not Douglass intentionally suppressed and misrepresented these data is irrelevant. He deceived the public and health officials about critical research findings for years, and hundreds of boys suffered the consequences."

The Harvard panel also brushed aside a conflict of interest stemming from the fact that Douglass is a paid consultant for the toothpaste industry, a major user of fluoride.

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*The British Medical Journal Says*

# Vegetarians Are More Intelligent

from an article on [thisislondon.co.uk](http://thisislondon.co.uk)

Frequently dismissed as cranks, their fussy eating habits tend to make them unpopular with dinner party hosts and guests alike.

But now it seems they may have the last laugh, with research showing vegetarians are more intelligent than their meat-eating friends.

A study of thousands of men and women revealed that those who stick to a vegetarian diet have IQs that are around five points higher than those who regularly eat meat.

Writing in the *British Medical Journal*, the researchers say it isn't clear why veggies are brainier—but admit the fruit and veg-rich vegetarian diet could somehow boost brain power.

The researchers, from the University of Southampton, tracked the fortunes of more than 8,000 volunteers for 20 years.

At the age of ten, the boys and girls sat a series of tests designed to determine their IQ.

When they reached the age of 30, they were asked whether they were vegetarian and their answers compared to their childhood IQ score.

Around four and a half per cent of the adults were vegetarian—a figure that is broadly in line with that found in the general population.

However, further analysis of the results showed those who were brainiest as children were more likely to have become vegetarian as adults, shunning both meat and fish.

The typical adult veggie had a childhood IQ of around 105—around five points higher than those who continued to eat meat as they grew up.

The vegetarians were also more likely to have gained degrees and hold down high-powered jobs.

There was no difference in IQ between strict vegetarians and those who classed themselves as veggie but still ate fish or chicken.

However, vegans—vegetarians who also avoid dairy products—scored significantly lower, averaging an IQ score of 95 at the age of 10.

Researcher Dr. Catharine Gale said there could be several explanations for the findings, including intelligent people being more likely to consider both animal welfare issues and the possible health benefits of a vegetarian diet.

Previous work has shown that vegetarians tend to have lower blood pressure and lower cholesterol, cutting their risk of heart attacks. They are also less likely to be obese.

Alternatively, a diet which is rich in

fruit, vegetables and whole grains may somehow boost brain power.

Dr Gale said: 'Although our results suggest that children who are more intelligent may be more likely to become vegetarian as adolescents or young adults, it does not rule out the possibility that such a diet might have some beneficial effect on subsequent cognitive performance.'

'Might the nature of the vegetarians' diet have enhanced their apparently superior brain power? Was this the mechanism that helped them achieve the disproportionate nature of degrees?'

High-profile vegetarians include singers Paul McCartney and Morrissey and actress Jenny Seagrove.

Past exponents of a meat-free lifestyle include George Bernard Shaw and Benjamin Franklin.

Promoting the cause, Shaw said, 'A mind of the caliber of mine cannot drive its nutriment from cows', while Franklin stated that a vegetarian diet resulted in 'greater clearness of head and quicker comprehension'.

Liz O'Neill, of the Vegetarian Society, said: 'We've always known that vegetarianism is an intelligent, compassionate choice benefiting animals, people and the environment. Now, we've got the scientific evidence to prove it.'

'Maybe that explains why many meat-reducers are keen to call themselves vegetarians when even they must know that vegetarians don't eat chicken, turkey or fish!'



## Singapore ...

*continued from page 7*

face in such an endeavor. A count of about 30 in a country with a population of 4.5 million was incredibly gratifying.

The discussions were wide-ranging, with ideas spanning the formation of a Gerson Medical Society in Singapore, a Gerson Centre (as they spell it), and establishment of a Gerson Training Hub for all of Southern Asia. The interaction and camaraderie among these health professionals virtually crackled with energy.

Instead of breaking up at the scheduled 9:00pm, lively and energetic discussions continued until the Pines staff ushered us out at 11:00pm!

Peter Lim has been ably representing Gerson Therapy in Singapore for three years, making contacts, advertising and building up a business to support Gerson patients, and has succeeded admirably. Many of the people mentioned above initially were introduced to Gerson because of Peter's persistence in promoting the Therapy.

Peter sees this representation as a seri-

ous mission, not just a commercial opportunity. Singaporeans' health status is poor and deteriorating, and it cannot sustain conventional medical treatments much longer. He sees it as his patriotic duty to usher in a new era of health, competitiveness and prosperity for his homeland, with Gerson Therapy as a central theme.

We met old friends, made many new ones, and developed a much wider understanding of Gerson in Asia this trip. We look forward to returning for the opening of the Gerson Healing Centre, Singapore!



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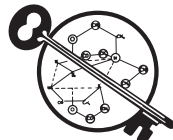
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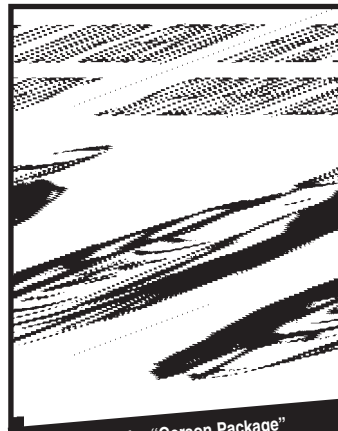


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WWW.GERSON.ORG/EVENTS

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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
Mon. January 15 to Sun. January 21, 2007	Weeklong residential wellness program	Charlotte Gerson Health Restoration Center, San Diego, CA	Faculty: Charlotte Gerson, Carol Beard, Dave Herbert, chef, Kayla Smith, ND	Kayla Smith, ND, The Gerson Institute, (619) 685 5353. ksmith@gerson.org. Please call for program prices
Early Notice: Sat., March 24, 2007	Celebration dinner for Charlotte Gerson's 85th birthday	Details to follow; mark this date!!	Various	Carol Beard (cbeard@gerson.org) or Diane Ake (dake@gerson.org), or call (619) 685 5353.
Early Notice: May, 2007	Module I Gerson Therapy Practitioner's Training Course for licensed healthcare professionals	San Diego, CA	Charlotte Gerson, Kayla Smith, ND, Gerson Institute Staff	Kayla Smith, ND, The Gerson Institute, (610) 685 5353. email: ksmith@gerson.org. Please call or email for prices and enrollment application.

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