

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

### *Despite Its Proven Ineffectiveness* **FDA Approves Gemzar**

by Ralph Moss, Ph.D.

An article by Ralph W. Moss, dated August 6, 2006, appeared in the journal of the Northern California journal of the IACVE, *Lifeline*, of January 2007. It discusses the chemotherapy drug, Gemzar® for the treatment of recurring ovarian cancer. The drug, produced by drug giant Eli Lilly is already approved and used in the treatment of lung, pancreatic, and breast cancer.

When Gemzar was first tested, the Oncologic Drugs Advisory Committee strongly recommended *against* its approval. But the FDA under the active direction of Andrew C. von Eschenbach, M.D., approved Gemzar for women whose disease had relapsed some six months after their first treatment.

The drug, combined with carboplatin, was found to increase *tumor-free* survival 2.8 months when compared to the prior use of Carboplatin alone. However, there was *no difference in the overall length* of patients' survival! Further, the side effects were much more severe than those experienced when treated with carboplatin alone.

Dr. Richard Gaynor, head of cancer research at Lilly, was asked why Eli Lilly

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### *A Short History of Enemas*

## Learning from the Ibis

by Charlotte Gerson

In Barcelona (Spain) an article appeared in a journal "The Medicine of the Month:" about enemas. It shows the delightful print of the amazing bird, the ibis, giving itself a water enema! The accompanying article is in Catalan, the unique language of Barcelona's region, Cataluna; but we have an item from the Internet showing a report published in *Time* magazine of July 1, 1946, titled "The Clyster Craze". The article quotes a report by Brooklyn specialist, Dr. William Lieberman, a foremost U.S. authority on the history of the enema. His report appeared in June 1946 in the *Review of Gastroenterology*.

The report on the article is written by Nancy Pelosi. Her first statement is, "The origin of the enema is veiled in the mist of antiquity." It is an ancient art. The Hindu Vedas hints at its use as far back as 2000 B.C. Later Herodotus noted that "the Egyptians clear themselves on three consecutive days every

month." The Egyptians learned the art, according to the Roman Naturalist Pliny, from the long-beaked ibis, who 'washes the inside of his body by introducing water with his beak into the channel by which the residue of our food should leave.' (see print)



*An ibis administering an enema*

Hippocrates, referred to as the father of modern medicine, supposedly preferred enemas to purges, but suggested a concoction of bile, vinegar and more. The Greeks preferred to simply use water or a salt solution. Still further centuries later, physicians in medieval Spain may have been the first to use a nutrient enema and the first bulb

syringe.

Not surprisingly, the French led the fashion: the 17<sup>th</sup> century is described in France as the "Golden Age of the Enema", or clyster, as it was called. Fashionable Parisians,

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## How to be a Caregiver

# Gerson Therapy Caregiver Training

by Diane Ake

Do you want to learn how to do the Gerson Therapy? The Gerson Institute conducts a two and a half day training in San Diego for individuals intending to provide Gerson care for a loved one or for non-licensed health care providers wishing to expand their range of knowledge. Also for anyone who wants to learn how to do the Gerson Therapy for themselves or others. It includes:

- Hands-on juicing experience
- Food preparation by a Gerson expert
- How to administer a coffee enema
- Safe injection techniques
- Suggestions and practical guidance from staff and recovered patients

This workshop is mandatory for "Companions" and "Home Set-up Coordinators" who want to be listed on the Gerson Institute Approved Referral List. Our **NEXT CLASS** is March 9 through March 11, 2007. To register or for more information, contact Barbara Conde at 1-888-4-GERSON or (619) 685-5353 or email [bconde@gerson.org](mailto:bconde@gerson.org).

NOTE: We will consider conducting an on-site training at your location if you have a minimum of 20 people. For more information, contact Carol Beard at [cbeard@gerson.org](mailto:cbeard@gerson.org).



## 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.

## Ibis...

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convinced that inner cleansing purified the complexion and produced good health, took as many as three or four enemas a day. The craze was even used in one of Moliere's comedies on stage, *Le Malade Imaginaire*, (*The Imagined Patient*) in the course of which an enema is actually administered on stage. It was also a lively topic of elegant conversation in the salons.

It is reported that Louis XIV had over 2,000 enemas during his reign, sometimes holding court while the ceremony progressed. Aristocratic enemas were delicately tinted and scented – they could even be used as a source of poisoning. Louis XIV set up a special detective agency to combat the wave of enema-murders among his nobility.

The enema principle was reborn by the invention of colonic irrigation used by Professor Ismar of Berlin, but it didn't become popular.

Almost every culture has a knowledge of enemas. The Persians used tea enemas in the place of coffee. Tea contains caffeine and its effect may have been known to the Persians.

Dr. Gerson became aware of the interesting use of coffee as part of the internal

cleansing after two professors at the University of Goettingen described their tests and results with its use. (See *Dr. Max Gerson: Healing the Hopeless*)

For a period of time, the 'coffee enema' was included in the *Merck Manual* as a medical procedure. However it was deleted from that publication in 1985. Requests to the publisher for an explanation of its elimination went unanswered. However, Merck, in the online version of its publication, still recommends enemas for "portal-systemic encephalopathy, a neuro-psychiatric syndrome. It most often results from high gut protein or acute metabolic stress". The manual, continues, in part, "Treating the cause usually reverses mild cases. Eliminating toxic enteric products is the other goal and is accomplished using several methods. The bowels should be cleared using enemas..."

We welcome Merck's acknowledgement of the effectiveness of enemas in clearing liver toxicity, and anticipate the day when Gerson's contribution of the more powerful coffee enema is credited in the annals of medicine.



*Reminder!*  
*We have increased  
our Newsletter sub-  
scription rates to  
\$40 domestic/\$45  
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increased printing and  
mailing costs.*

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**GERSON<sup>®</sup>**  
**HEALING**  
NEWSLETTER

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## CHARLOTTE'S 85<sup>TH</sup> BIRTHDAY, BEATA BISHOP'S VISIT

As we look forward to the March 24<sup>th</sup> celebration of Charlotte's 85<sup>th</sup> Birthday and the opportunity to honor her dedication to this work, I am reminded that this year is the 30<sup>th</sup> anniversary of the founding of the Gerson Institute. From the humble beginnings of a cluttered desk in a home office and hand written correspondence, the movement to permanently anchor Dr. Gerson's work began. He left a legacy that combined the perpetual churning of a brilliant, scientific mind and the spirit of a healer who early in life heard his calling. Daily we draw inspiration and direction from his words that are kept alive from his writings and the voice of his beloved daughter, Charlotte. In addition to the founding of the Institute, she has kept the flame of his discoveries alive through starting the first Gerson Clinic, lecturing throughout the world, selling her father's books, writing and publishing her own books, producing documentaries, conducting TV and radio

interviews, teaching doctors and caregivers, and donating countless hours to patients in need. She continues to guide hundreds of people along their healing journey and inspire thousands around the world.

So on that spring evening in March here in San Diego, from the world over, they will gather—a practitioner, along with his wife from England; a Gerson recovered patient/Gerson Doctor will journey from Budapest, Hungary; an internationally recognized, retired professional from Upstate New York volunteering his services as our official event photographer. Family members, Board of Director members, Gerson Institute employees, friends, caregivers, volunteers, students, Gerson doctors and of course, our recovered patients will surround Charlotte that evening.

We shall raise our glasses of organic carrot-apple juice to toast the keeper of the legacy, the teacher of the tradition and the protector of the hopeless.

\*\*\*\*\*

### Beata's Visit

Last year, we were honored with the presence of Beata Bishop, from London, at our dedication dinner for the Charlotte Gerson Health Restoration Center. At that time, we also celebrated the 25th anniversary of Beata's Gerson path to recovery from melanoma. She again graced us with a visit this year from late January to mid-February—she and Charlotte worked very hard (too hard) on Charlotte's new book. She has autographed a limited number of copies of her book, *A Time To Heal*, and we are offering these for a \$25.00 donation in commemoration of Charlotte's 85th!

Soon we will be offering the Gerson Training Video Tapes in DVD format. We found the original film footage from 1992. We didn't want to wait too far into the 21st Century to acknowledge some of the technological advances!!!!

Be Healthy and Happy,

*Anita*

## Diane's Corner

by Diane Ake, Resource Specialist

We are eagerly looking forward to Charlotte's 85th Birthday/Life Dedication celebration, Saturday, March 24, 2007 at 5:30pm at La Costa Resort, 2100 Costa del Mar Rd., Carlsbad, CA 92009. ([www.lacosta.com](http://www.lacosta.com)).

**PROGRAM:** • Charlotte's Award-winning granddaughter Francesca Dego, violin, and Daniele Rustioni, piano, both from Italy. • Dinner—complete organic Gerson meal.

**To honor Charlotte and enable the Gerson Institute to continue to carry out her and Dr. Gerson's work, we would like to raise \$85,000 in sponsorships for this birthday/life celebration (\$1,000 for every year of her life so far)!**

Our target is:

- One \$20,000 sponsorship
- Three \$10,000 sponsorships
- Two \$5,000 sponsorships
- Ten \$1,000 sponsorships
- Three \$500 sponsorships

We will recognize our sponsors on our Website, insert flyers sent out in our mailings, the birthday dinner program, announcements at the dinner, and, of course, welcoming you as our guest at the celebration itself, and more. If you, your organization, or business would like to sponsor the dinner, contact Diane Ake by telephone (619-685-5353) or by email ([dake@gerson.org](mailto:dake@gerson.org)) for a sponsorship packet. All contributions are tax-deductible, of course.

We are delighted that the week-long sessions at the Charlotte Gerson Health Restoration Center are filling up a month

or two in advance. If you are thinking of attending one of these "life changing" sessions, please consider reserving as early as possible to secure your place.



## Volunteers Needed!

*If you live locally in the San Diego area, we need a volunteer to come to our office to make follow up calls to patients around the world. Contact Diane Ake if you can help:*

*[dake@gerson.org](mailto:dake@gerson.org)  
(888) 443-7766 ext. 109.*

# The Collapse of Cardiology

by Caldwell B. Esselstyn, Jr. MD, (condensed by Charlotte Gerson)

*Dr. Esselstyn submitted this article The Washington Post, which returned it with the note that the article was "Not accepted." We are indebted to Lyndon Sanders, of the Alternate Health Decisions Foundation, Inc. for his submission of Dr. Esselstyn's article.*

In the course of the last two months of 2006, drugs and technology have been shown how toxic and damaging they are. These form the backbone of cardiology's assault on the coronary artery disease epidemic. The new knowledge might be considered 'a dark shadow' over our cardiac health or could it be a time to rejoice?

Pfizer announced in late December 2006 that its long hoped for block-buster new drug Torcetrapib was killing more people in its test run than were dying in the control group. Pfizer had spent \$800 million in developing this drug to raise HDL, the "good" cholesterol and had forecast a huge income from its marketing. But in the trial of 15,000 patients, 82 died from taking Torcetrapib and 51 died taking a standard drug to lower cholesterol. Also the test group experienced a greater number of cardiac events such as angina, heart failure, and a need for angioplasty. The independent monitoring group advised Pfizer to halt the trial, and they complied.

When an artery to the heart is severely narrowed and causing symptoms, cardiologists insert a balloon tipped catheter to the area of blockage and expand the balloon to widen the constriction, an angioplasty. The benefit of this procedure is lost in 50% of patients because of recurrent constriction in six months. A metal stent improves the results to only 10% to 20% recurrent narrowing. A drug tipped stent caused new problems and patients have to be given anti-clotting drugs. Also 50% of patients who develop a heart attack as a result, will die when the stent fails. As expected, the anti-clotting drug, Plavix, has its own

complications: it promotes bleeding, easy bruising and may mean a gastrointestinal hemorrhage. When patients must stop taking Plavix for dental work, or major surgery and colonoscopy, such patients may have a heart attack or die from a stent clot. These results have so upset cardiologists and the Federal Drug Administration that a national conference was called in December 2006.

In the course of the conference a member of the panel, Dr. Eric Topol, stated, "There's a much more liberal use of angioplasty and stenting than there needs to be."

The head cardiologist at Kaiser Permanente, Dr. Calvin L. Weisberger added, "A large pool of angioplasties and by-pass surgery are being done without scientific evidence." There also seems to be the unspoken force of money from doing these procedures.

The harshest critic of all scientific research is that study after study indicates for most patients undergoing angioplasties and stents, there is no increase in survival and no decrease in heart attacks.

*The morbidity, mortality, expense and transient benefits of a high technology approach toward the coronary disease epidemic has failed. **It is time to realize that the answer to a faulty lifestyle epidemic is not drugs and technology. It is lifestyle. The epidemiologic evidence that coronary artery disease does not exist in cultures consuming a plant-based nutrition is robust and overwhelming.*** [Bold and Italics ours] There is clear evidence that cultures which switch from plant-based nutrition to a western diet develop an epidemic of coronary heart disease. Lewis Kuller, Professor of Medicine at the University of Pittsburg School of Public Health, based on his 10 year cardiovascular health study, states "all males 65 years of age or older who have been exposed to the traditional western diet

have cardiovascular disease and should be treated as such.

This toxic diet with its burden of animal protein, dairy, processed oils, white flour, sugar and excess saturated and trans fats and free radicals marinates in our bodies injuring our delicate cellular matrix with every bite at every meal . . . The time is long overdue to challenge the failure of drugs and technology to stop the coronary disease epidemic.

Dr. Dean Ornish together with this author have many years of peer-reviewed study to prove their point. Dr. Caldwell Esselstyn's results at five years, 12 years and most recently, at 21 years were published in the book, *Prevent and Reverse Heart Disease*, Avery/Penguin, February 2007. These studies indicate that fully compliant patients decrease the episodes of angina or eliminate them, decrease their cholesterol, decrease their weight, increase their exercise capacity, and arrest and selectively reverse their disease on follow-up x-rays of the coronary arteries. Seeing these patients thrive beyond 20 years of initiating their plant-based therapy is the most powerful reason for wanting the cardiology community to embrace and utilize plant-based nutrition. There is no morbidity, mortality, or added expense with plant-based nutrition; and benefits endure and improve with the passage of time.

Cardiologists say they doubt that patients will follow such a nutritional change. My experience in counseling hundreds of these patients indicates this concern is flatly not true. Patients rejoice in the knowledge that they can take responsibility over the disease that was destroying them and they are distraught that they were never told of this option by their cardiologist.

*Dr. Esselstyn has an incredibly long list of titles and credits, much too extensive to publish here. He has published more than 150 scientific articles and is presently a Preventive Cardiology Consultant in the Department of General Surgery at the Cleveland Clinic. He received his A.B. degree from Yale University and his M.D. from Western Reserve University.*



## Steven Svastits Story of Survival

by Charlotte Gerson

Steve was born in December 1960. Around September of 1989 when he was 28 years old, he had a recurring sharp pain to his left testicle. Steve had noticed this for about six months when he put his thighs together, mostly when he was getting in and out of his car. He also felt a small hard lump on the side of the left testicle that was very tender to the touch. Steve was seen by his primary care physician (PCP) who immediately referred him to a urologist. The specialist examined him, then scheduled a biopsy for Steve at the Woodruff Community Hospital in Long Beach, CA in December of 1989. While Steve was still under general anesthesia on the operating table, the frozen biopsy results came back positive for cancer. The urologist (surgeon), with the family's permission, had removed the cancerous testicle. In the recovery room, his fiancée and family told Steve that the biopsy was positive for cancer. Two weeks later Steve and his fiancée had a post-operative consultation with the urologist, who informed him that two types of cancer had been discovered at the biopsy: seminoma and germ cell carcinoma.

Steve was referred to an oncologist in Long Beach. Post-surgically, the oncologist gave him three options: either go through a course of chemotherapy *or* remove all the lymph nodes in the abdomen (lymphadenectomy) and go through chemotherapy

*or* be monitored for any future cancer growth. Steve chose to be monitored as he was entering four years of graduate studies in chiropractic school the following month (January 1990).

The oncologist monitored Steve with blood tests to include cancer markers and a full body CT scan every month for any cancer development that might resurface. At the end of May 1990, Steve received an unexpected call in the evening. The oncologist called and said that cancer had recurred in his abdomen, where they expected it would resurface. Steve's full body CT scan had been negative the month before, but the cancer had grown 2½ cm. within one month. The oncologist urged Steve to start a course of chemotherapy right away to save his life. His family advised him to do the same. It would change his view on cancer therapy forever.

Earlier in the year while attending Chiropractic school, Steve had purchased Dr. Gerson's book, *A Cancer Therapy* and read it cover to cover. He realized that he must bolster his immune system and alter his diet while going through the chemotherapy in order to survive. Steve started the Gerson Therapy at home without the enemas and injections. Steve and his fiancée were strict on the juicing and vegetables as recommended in the Gerson diet. He lost excess weight, felt stronger, and above all, had a great deal more energy. But his chemotherapy was still difficult and he nearly didn't survive due to the poisonous side-effects of the drugs he was on. Steve was on a total of seven medications to counteract chemotherapy's side-effects. The oncologist also told Steve that he would not be able to have children, as his sperm count would be too low. The oncologist recommended that Steve bank his sperm.

During his chemotherapy treatments, Steve talked to the oncologist about the Gerson Therapy, but the doctor was not supportive of Dr. Gerson. Since nutrition was important to Steve, the oncologist

referred him to a UCLA medical doctor that was also a nutritionist. This doctor was considered 'controversial' in that he advised Steve that proper nutrition was vital during his chemotherapy treatment. He was quite positive about the diet described in Dr. Gerson's book, and told Steve that he thought it would be 'excellent'.

Meantime, Steve's chemotherapy consisted of a new (at that time) chemical agent called cis-platin. Steve now describes his prior chemotherapy treatment as being "horrible" and says he would never go through it again. After his chemotherapy ended, he continued the Gerson Therapy for another year and a half. Steve then slowly introduced other foods to his diet (rice, fish, dairy, etc.). Now, over 16 years later, he is practicing as a chiropractic physician in Baldwin Park, CA and says he is "staying happy and healthy" with his wife and two daughters (*without* banking his sperm!). A true miracle!

If you have any questions or comment regarding Dr. Steven Svastits' testimony, you can reach him by email at [PPL@DSLEXTREME.COM](mailto:PPL@DSLEXTREME.COM). He just asks that people be mindful of his busy schedule treating patients himself.



*Since you asked...*

### We Found Stainless Steel Enema Buckets

by Howard Straus, Editor

Many of you have asked for a source of stainless steel enema buckets. Far sturdier than the plastic disposables that are meant for one-time use, yet surprisingly affordable buckets are available online from India for US\$29.95, plus US\$5.00 shipping to the Continental United States. This shipping charge gets you delivery in 2-3 weeks, and, of course, faster shipping is available for extra cost. We have found the supplier quite reliable and shipment immediate.

The website to order online is

<http://www.healthandyoga.com>,

and you may email them at

[Prakasini@healthandyoga.com](mailto:Prakasini@healthandyoga.com).

We *love* our stainless steel buckets!



### 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)

## Gemzar...

*continued from page 1*

did not mention in its press release that the drug failed to prolong life. His response was that "I'm not sure that needed to be stressed." Obviously, patients suffering from cancer expect improved survival and better quality of life from the treatment they receive. Neither is obtained from Gemzar. However, Eli Lilly derives huge financial benefits from the approval of their drug! One course of Gemzar treatment, involving six doses given over six months, costs about \$12,600. With official approval of the drug, insurance will have to pay for it. Since some 16,000 women would presumably receive the new treatment, the approval of FDA for recurring ovarian cancer could be worth around \$200 million dollars in the U.S. alone.

Another statement of expected control of the cancer epidemic comes from Dr. Andrew von Eschenbach as director of the National Cancer Institute (2002-2005). He claimed that "all cancer suffering and death would be ended by the year 2015". This claim reminds us of the claim by President Nixon who, in 1971 declared "The War on Cancer" and assured the American public that with enough money working on the problem, the cancer epidemic could be ended. When it comes to that claim, we have the results of this effort and prediction. In the year 1971, about 220,000 American died of cancer. 25 years and 39 billion research dollars later, *U.S. News and World Reports* published the results of that war in their issue of Feb, 5, 1996. The total cancer deaths that year amounted to 560,000 Americans with huge increases in all types of cancer.

It must be remembered that all research monies go into drug and stem cell research, areas where huge financial gains can be expected. On the other hand, there is no meaningful research done on nutrition since results would not be patentable and would yield no profits.

The cynicism and greed represented by this approval is not even unusual behavior from Big Pharma and their lackeys, the FDA.



## Rise of the Super-Bugs

# Drug-Resistant Bacteria

by Charlotte Gerson

*This item appeared in The Daily Press of Newport News, VA, and was reprinted in The Monterey County Herald, Sunday January 14<sup>th</sup>, 2007. The article was written by Lisa Finneran.*

Far too many people who have sometimes minor, often major surgery in reputable hospitals come down a week or so after the surgery with severe infections, high fever and clear damage at the surgical wound. The doctors try one after another antibiotic and none of them work to clear the problem. A number of patients eventually overcome the infection, however there are many deaths. The problem is the drug-resistant 'staph' (Staphylococcus Aureus). Lisa Finnegan reports that "According to the Centers for Disease Control and Prevention, 90,000 people die from these types of infections every year" and some two million are affected. The news gets worse: It is reported that at this time, the number of cases is increasing and expanding outside of the hospital facilities into places "where people play, work or live in locations where the bacteria may thrive, such as athletic facilities, military bases and prisons."

Drug-resistant 'staph' was identified in the United Kingdom in 1961. When Penicillin when first discovered by Alexander Fleming, was able to control bacteria. However after repeated expo-

sure to antibiotics, bacteria are able to mutate to survive and multiply producing offspring with built-in resistance to drugs. The bacterium continues to mutate to resist new and 'stronger' drugs.

It is further reported that last year, the Infectious Disease Society of America said pharmaceutical companies are needed to develop more new drugs, and asked Congress to pass legislation to give drug companies financial incentives to stimulate this type of research. Apparently the pharmaceutical companies were abandoning these drugs to concentrate on more lucrative medications!

Infectious disease specialist Dr. Stephen Green (MD) is reported to have stated in the *New England Journal of Medicine* that drug-resistant staph infections account for some 59% of skin infections in U.S. emergency rooms. "Five or 10 years ago, we didn't see this, it was a very unusual thing. Now I'm seeing it once or twice a day."

What can we tell our friends and readers? Keep your immune system strong with the right nutrition; in case of a suspicious skin lesion, rub it with 3% hydrogen peroxide two or three times a day. And if you do land in a hospital due to an accident and need surgery, get home as quickly as possible and use the Gerson Therapy to boost your immune system.



## A Letter from Gina F.

### Ten Years Recovered from Breast Cancer

*In December 2006, the Gerson Institute received the following letter from Gina F.: Italics as in the original.*

"I ask that you please pass this note to Miss Charlotte Gerson for me. Seeing her 10 years ago in Seattle changed my life and the lives of many others. Ten years ago, I was diagnosed with breast cancer and the same as most of the people with whom

you come in contact, I was headed for the dreaded knife, radiation, chemo and sores. I was scared and thought I had no options.

"To make a long story short, I found the Gerson Therapy and went to hear Charlotte talk. I had already undergone surgery and was getting ready to do radiation and chemo—when I began to have dreams of three people in black hoods. I soon figured out that these were the henchmen: my surgeon, radiation doctor and my oncologist. *I knew that if I continued in this manner it would kill me.* I realized that

*continued on page 7*

# Good News About Autism

by Charlotte Gerson

This headline could well be a shocker: what could possibly be good about autism? The only thing could be that it is reversible! So far, all establishment doctors claim that there is no such thing as autism being caused by immunizations or medical injections; that it is absolutely a hereditary problem—and therefore incurable.

As usual, they are wrong. In too many instances, autism is clearly caused by immunizations, specifically the preservative(s) used in these injections, mostly thimerosal, a mercury derivative. It is quite clear and accepted that mercury causes serious brain damage; but still, the medical establishment denies and denies! In a recent *Healing Newsletter* (Vol. 21, #2, March/April 2006) we quoted a physician, head of a Chicago children's hospital, who stated outright: "Unvaccinated children have no autism."

The publication of the International Association of Cancer Victors and Friends, in their journal for the Northern California Chapter, *Lifeline*, (Vol. 26, #1 January 2007,) carry the story of a mother, whose child, Lucas, was perfectly normal until he was vaccinated at age 18 months. The mother tells how, after his flu shot in December 2003, Lucas regressed rapidly into severe autism. Another six vaccines and two doses of antibiotics to treat a double ear infection, given in January 2004, "seemed to be the final nail in the coffin". His comprehension, play skills and socialization disappeared. He had to be removed from preschool, regularly banging his head, screaming, and with very little eye contact. He had either diarrhea or was constipated, and his pediatrician absolutely denied that his problems were caused by vaccines or mercury, but that it was in his genes and that there is nothing he could do.

On the other hand, his hair analysis done in April of 2004 showed a mercury level of 6.67. (Anything above 1.69 is considered toxic) The entire medical community refused to agree that a hair analysis had

any significance. Every hospital the parents visited refused to consider the evidence. Some of the doctors demanded that the mother leave their office!

Another interesting item that doctors refused to consider: stool analysis found that there were no culturable probiotics (friendly bacteria) in Lucas' gut but lots of pathogens causing him harm.

The parents didn't give up, tried chelation and other biological treatments. Finally they found help in reducing, then removing the mercury and other toxins in Lucas' body and he improved rather dramatically! He is not yet perfectly normal, but he is well on his way, a little over four years old now. The parents spent some \$300,000 before finding the way to Lucas' recovery: detoxification.

There are many details given in this report; but the main points are:

- Autism can be reversed
- Detoxing and proper nutrition are the key

This conclusion points directly to the Gerson Therapy. We had suspected for a long time that autism was treatable and reversible. Since Lucas was found to have heavy mercury toxicity in his body, and since the Gerson Therapy has been effective in clearing mercury from the body of patients, it seemed like the right approach. But we never had actual proof that it was possible and had been done. We do not see children at the Mexican hospital, and particularly children affected by autism. I would be delighted to have one or more reports about children being helped by the Gerson treatment at home to clear their autism.

It is important for the reader to understand why doctors and their bosses, the huge pharmaceutical establishment, will not agree that their treatments and drugs cause problems. Admission would result in a firestorm of large lawsuits and claims due to their use and FDA's approval of these highly toxic drugs in infants.

## Gina F: Breast Cancer...

*continued from page 6*

doing these therapies was not for me. I had the surgery and radiation, but chose not to do the chemotherapy or any follow-up drug treatment.

"It was because of Charlotte's inspiring message that my life is now so wonderful. My life before cancer was no life at all. It is all because I started the Gerson Therapy and started to take care of myself. I was eating organic, filtering my drinking and bathing water, doing coffee enemas (that I do up to this day), juicing, exercising, using supplements, massage, dry brushing—the list goes on and on. It is because of these changes and incorporating all of these things into my life that gave me a new life.

"I now have a seven-year-old son. Had I done chemo, I would not have been able to give birth to him. He is my gift as well as was my cancer. My son teaches me lessons daily.

"In March I will be in Europe for a month with my son, celebrating my 10<sup>th</sup> anniversary (10 years cancer-free). I started my life over 10 year ago.

"Thank you Charlotte Gerson, and I send thanks from all of those to whom I have passed the Gerson Therapy along."

*Editor's Note: We often hear patients voice the seemingly contradictory statement that cancer was a gift to them. It is not that cancer was such a pleasure, but that the immediate and life-threatening illness forced them to learn about health, nutrition, toxicity and a far better way forward for which the patient is grateful.*

—Ed.

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## Causing Bone Death and Collapse:

# Osteoporosis Drugs Making Bones Brittle

by Susan Lark, MD, with comments by Charlotte Gerson

In a health journal Women's Wellness Today, Dr. Susan Lark, M.D. explains the reason for avoiding osteoporosis drugs. It's somewhat technical, but understandable and very important.

Going back a little ways, Ross Horne explains in his book, *The Health Revolution*, third edition, p. 145, as follows: "Together with inactivity, high protein intake causes osteoporosis, weak and porous bones. With a daily high protein intake, the body goes into negative mineral balance because of high acidity. ... In the UK, tests have shown that vegetarians aged 70 have bones equal to or of greater density than the bones of meat eaters aged 50. Calcium compounds ... and supplements can cause calcification of the aorta (main artery) and serious damage to circulation. [continued on p. 325.] "... One of the main reasons for that condition [osteopo-

rosis] is that calcium is withdrawn from the bones in an effort by the body to neutralize acids formed as a result of excess dietary protein."

Drug companies have generated a huge advertising campaign to push their osteoporosis drugs. Dr. Lark reports that "recent studies have linked these drugs to osteoporosis of the jaw, an incurable condition where the bone in the jaw actually dies!"

"The drugs that are being pushed are basically bisphosphonate, which can harm your bones. This is the underlying cause: bones keep renewing themselves throughout life, with older, weaker bone cells being replaced by younger, stronger ones. Special cells which facilitate this process are called osteoclasts. They break down the old cells and then the osteoblasts form

new bone.

"The bisphosphonate drugs work by disabling the osteoclasts so that they stop breaking down old bone. But these drugs do *nothing* to build new bone. So, actually, bones become denser; however this density is made up of old, weak and brittle bone tissue." The problem occurs more often in the jaw than in other bones. Dr. Lark feels that the reason for this situation is that the death and rebuilding cycle simply moves a lot faster in the jaw bone than in other bones. The problem can cause the jaw bone to simply collapse!

From the above, the reader will readily understand that a vegetarian diet is the first step toward preventing these problems. Further, we have ample evidence among Gerson patients that the highly nutritious Gerson Therapy is capable of restoring and rebuilding *healthy, normal* bone!

Long-term friends and subscribers to the *Gerson Healing Newsletter* will find earlier reports on osteoporosis in our issues Vol 10, #4, July/Aug 1995, and Vol. 12, #3, May/June 1997.

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# Electro-Magnetic Energy

excerpted from *Icon*, No. 34 by Charlotte Gerson

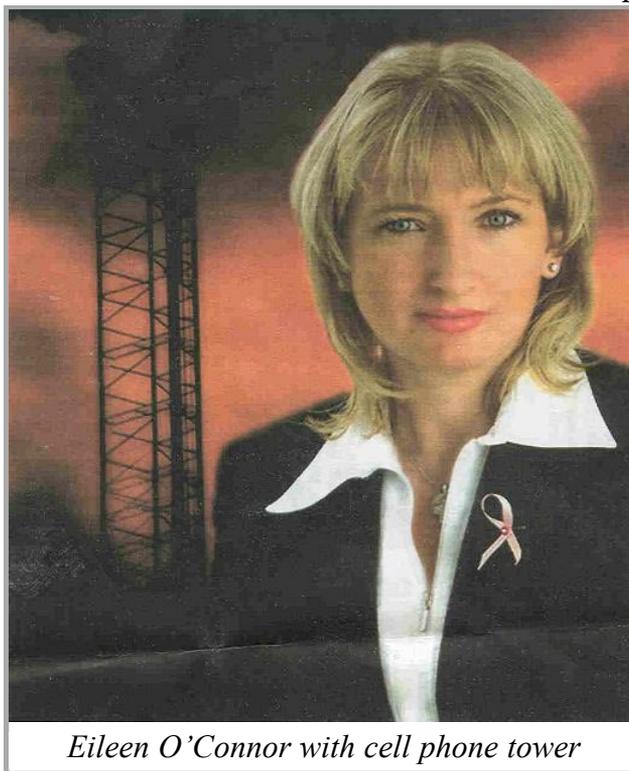
The British health journal, *Icon*, No. 34, in their winter '06 edition, carried the personal story of Eileen O'Connor. She lives in a very small community, Wishaw, that had a very tall (22.5 meters, or about 75 feet) Mobile Phone Mast.

At age 18, Eileen was married; by age 38 she had two young children and was running a successful photographic business. In October of that year, 2001, she visited her doctor because she was covered "with a horrific skin rash from head to toe and had a lump in [her] breast." She had a lumpectomy in mid-November and by the 20<sup>th</sup> of that month, her diagnosis came in: "I am sorry, it's cancer."

Surgery was followed by six months of chemotherapy, radiation and reconstruction. She was also monitored with ultra-sound and bone scans as well as MRI's to check on her progress. Already prior to taking chemotherapy, Eileen said she suffered from a low immune system, and that the only way she was able to manage the chemo was by receiving immune-stimulating injections. However, she noticed that on the three occasions that she left the area where she lived, her white blood count (immune system) rose rapidly and considerably and she didn't require the immune booster shots. This was the first indication Eileen had that her cancer could have environmental causes. When she "started to bump into neighbors in the hospital and decided to do a health survey—and unearthed a horrendous can of worms." She discovered a "catalog of serious illnesses."

In the little village where she lived, five women had developed breast cancer, one young man had prostate cancer, there was a case of bladder cancer and one of lung cancer; then there were three cases of pre-malignant cervical cells and one of motor neuron disease (A.L.S., also known as Lou

Gehrig's disease) in a man of 51 who also had a massive tumor removed from the top of his spine. "Even more strangely, people had developed benign lumps, electro-sensitivity, three cases of severe skin rashes and many villagers suffered with sleep problems, headaches, dizziness and problems due to low immune systems."



*Eileen O'Connor with cell phone tower*

"We even had a horse with blood problems requiring continuous treatments from the vet."

These numerous occurrences in such a tiny population prompted Eileen to investigate further. It turned out that out of the 18 houses that surrounded the mast at up to 500 meters (about 600 yards), 77% had major health related illnesses after seven years of exposure to the radiation emitted by the mast.

Additional information clearly pointed

to the "tower" as the cause of the many health problems. In 2003 the mast was removed! Many of the villagers reported feeling better, had improvements in their sleep patterns and had increased energy. "The headaches and dizziness symptoms disappeared and the village had a baby boom. Wildlife returned to the area with woodpeckers, nuthatches and sparrows that simply were not there before—and even the horse has since recovered and is now strong and healthy and no longer needs treatment. "If only I had known..."

Eileen found out that there had already been considerable research done in connection with Electro-Magnetic Fields (EMF) by Dr. Robert O. Becker, twice nominated for the Nobel Prize, who stated, "I have no doubt in my mind that at the present time, the greatest polluting element in the earth's environment is the proliferation of electromagnetic fields. I consider that to be far greater on a global scale than warming, and the increase in chemical elements in the environment."

Cell phones have become an important, almost unavoidable part of our modern lives and, as we well know, they necessarily lead to the need for masts to relay the messages. Many people also carry the phone in a pocket, or attached to their belts, touching the body. That is very unwise, and almost certainly dangerous to one's health. It is also suggested that one use headphones connected to the cell phone in order to avoid the contact of the phone with one's ear—so close to the brain.

These precautions, however, do not protect people from cell phone tower radiation. There are currently over one million licensed and one million unlicensed cell phone towers in the United States, and the radiation increases as cell phone use becomes the norm.



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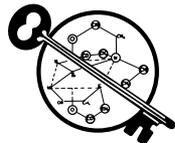
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All information was accurate at press time. We suggest you call the

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
Fri., Mar. 9 to Sun., Mar. 11, 2007	Gerson Therapy Caregiver Course	San Diego, CA	Charlotte Gerson, Carol Beard, Kayla Smith, ND, Dave Herbert	Cost for the weekend is \$550 (\$100 discount with \$50 annual membership). Registration form at <a href="http://www.gerson.org">www.gerson.org</a> or call Barb Conde at 619-685-5353.
Sat., Mar. 24, 2007, 5:30pm	Celebration dinner for Charlotte Gerson's 85th birthday	La Costa Resort, 2100 Costa del Mar Rd., Carlsbad, CA 92009	Various. There will be a performance by Francesca DeGo, violin (Charlotte's granddaughter), and Daniele Rustioni, piano, followed by dinner.	Barbara Conde ( <a href="mailto:bconde@gerson.org">bconde@gerson.org</a> ) for tickets and reservations; Diane Ake ( <a href="mailto:dake@gerson.org">dake@gerson.org</a> ) for sponsorships or donations. Tel: 619-685-5353. Suggested donation \$200 per person to benefit the Gerson Institute and carry on Dr. Max Gerson's work around the world.
Sun., Mar. 25, 2007 3:00pm	Concert by Francesca DeGo, violin, and Daniele Rustioni, Piano	4949 Ridgeway Dr., San Diego, CA (50 seats)	Concert only. No speakers.	Tickets: \$25, includes Italian reception following the concert. Tickets available at Kensington Video, 4067 Adams Ave. (619) 284 2477. Additional inquiries to <a href="mailto:rmorebello@cts.com">rmorebello@cts.com</a> . Net proceeds will be given to the Friends of the Kensington-Normal Heights Library.
Mon., Apr. 16 to Sun., Apr. 22, 2007	Weeklong Residential Wellness Program	Charlotte Gerson Health Restoration Center, San Diego, CA	Kayla Smith, ND, Dave Herbert, Chef, Charlotte Gerson	Please contact Kayla Smith, ND for price and availability. email: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Tel: 619-685-5353
Mon., May 14 to Mon., May 21, 2007	Module I Gerson Therapy Practitioner's Training Course for licensed healthcare professionals	San Diego, CA	Charlotte Gerson, Alicia Melendez, MD, Luz Bravo, MD, Kayla Smith, ND, Gerson Institute Staff	Kayla Smith, ND, The Gerson Institute, 619-685-5353. email: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Please call or email for prices, qualifications and reservations.

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