

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

**Charlotte Gerson's 85<sup>th</sup> Birthday Party in Carlsbad**

by Howard Straus, Editor

By now, every reader of the *Gerson Healing Newsletter* will know that on March 24, 2007 the Gerson Institute honored Charlotte Gerson's 85<sup>th</sup> birthday and her lifetime of service to humanity with a party that could really be termed a "love-fest."

Ever since Anita Wilson, Executive Director of the Gerson Institute, worked with us to put together and run the Gerson Healing Center in Sedona, Arizona, we have known that she throws a spectacular party! This celebration outdid all past efforts of Anita and the talented Gerson Institute team, and if you missed it, you missed a treat.

People came from far and wide: there were guests from Japan, Canada, all over the United States, Italy, Hungary and points in between. Of the celebrants, it is fair to say that most had their lives improved, if not completely saved, by this wonderful woman, and they were there to acknowledge her contribution.

Over 105 people attended the party, which was given at the La Costa Health Resort, Deepak Chopra's large and beautiful facility near the coast north of San

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**Max Gerson's Patient Helps Celebrate**

**Gail Allen Bogue, Daughter Visit**

by Charlotte Gerson

On Saturday, March 24<sup>th</sup>, we had the special pleasure of welcoming one of Dr. Gerson's former patients, Gail Allen Bogue, to the birthday celebration put on by the Institute for us. Gail gave us a short version of her incredible history:

At age six, Gail was diagnosed with a giant cell sarcoma, a rapidly fatal bone cancer, on her left ankle. At that time, the lesion was scraped and part of her bone was removed.

According to her medical records, some bone chips were inserted into the lesion to "help the bone to form again." However, just one year later, the sarcoma was back. At that time, and Gail confirmed that it was *in her presence* at age seven, the doctor told her parents that they needed "to amputate her leg. Not that this procedure could save her life, it is only to spare her unbearable pain while she is dying."

The parents refused. Through an amaz-

ing "coincidence," a salesman happened to come to their door and noticed the sick child. He told the family about Dr. Gerson.

By that time, Gail's leg was so swollen and painful she couldn't even bear to have a sheet touch or cover her leg. Her parents took her to Dr. Gerson's clinic, not very distant from their

home. Gail told the audience in March '07 that in just one week on the Gerson Therapy, her pain was gone and she was running around!

Gail told us that when she was 42 years old, she want-

ed another child. She went back on the Therapy and had a beautiful, healthy baby girl, Faith—now 16 years old! She came along with Gail to the birthday celebration, a bright and lovely young lady who told us, "If it weren't for you and your father, I would never have been born!"

Now, in her late fifties, Gail has two children, and *both* her legs.



*Charlotte Gerson (center) with Gail Allen Bogue and her daughter, Faith (right)*

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## Celebration ...

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Diego. Among them were a couple of dozen former patients, recovered from life-threatening illnesses as much as 50 years ago.

Charlotte's granddaughter Francesca DeGo, already at age 18 a world-class violinist, was there with her friend Daniele Rustioni. Daniele is a spectacular pianist, and between the two of them, they thrilled the gathering with a concert of violin and piano duets and violin solos that showed off the virtuosity of these two young artists and the beauty of the music. Dr. Gerson would have been so proud of his great-granddaughter!

After the music, a Gerson dinner was served, buffet style. There, another delightful surprise was waiting. In the middle of the buffet line was a beautifully executed four-foot high ice statue of an ibis!

*Newsletter* readers will recognize the ibis from the illustration on page one of our last issue as the African bird which gives itself enemas with its long curved beak. When Charlotte saw the ibis, she had a great laugh!

When the meal was done, Anita Wilson rose to introduce the many people who had contributed to the evening to make it possible. From the dedicated Gerson Institute staff to Neil Montanus, the top-notch photographer who volunteered his time and skills to capture images of the attendees, to Gail Allen Bogue, who at age seven had been

declared terminal, brought to Dr. Gerson's care, and now, half a century later could introduce her 16-year-old daughter, to the videographer who captured the event, to Debbie Dole, a "terminal" melanoma patient 30 years ago, the guests showered honor and love on Charlotte for the whole evening. In all, there were nearly 20 healed patients in the group, including a Gerson-trained Hungarian doctor.

Anita introduced the Board of Directors and thanked the Gerson practitioners for their dedication, as well as all of the sponsors for their generous contributions.

At one point, Anita introduced the people there who had recovered from life-threatening illness through the Gerson Therapy (including your Editor's wife), and asked them to stand. That group was the most eloquent testimonial to Charlotte Gerson's contribution that could have been given. They, and the thousands of other Gerson recoveries around the world are, by their very survival, the only thanks Charlotte has ever asked for. Anita also read greetings from many who could not come, including Prince Charles.

One guest, Pamela Sue, engaged in the sales of health materials, had brought twenty fellow attendees from a nearby corporate convention to the celebration. She had told them, "Don't even ask, just come. You *need* to have this information and witness the people and events." They were all there.

One of the many delightful touches that made the evening special was the program that Anita and her staff had assembled outlining the evening's festivities. Often such gatherings have programs that are passed out to the attendees and are typically left at the tables after the function. This program, however, was different.

With Anita's typical flair, she had centered a lovely portrait of Charlotte Gerson by Bob Stone on the cover. Many of you have seen

this excellent photograph, in which Charlotte's aquamarine ring is clearly shown. Anita had acquired tiny aquamarine-colored jewels that one of the Gerson volunteers had painstakingly glued onto the photograph on each program! *Not one* of the programs was left behind.

The evening ended on a spectacular note, too. Anita called Charlotte to the podium and presented her with a statuette of a woman reaching for a star, with an appropriate inscription. Daniele Rustioni at the keyboard, and Charlotte's children, granddaughter and step-granddaughter then led the guests, who all had lyrics at their seats, in a sing-along of "The Impossible Dream," a song choice that had many (including your Editor) with tears in their eyes before its conclusion.

There was a more serious side to the celebration as well. Diane Ake had coupled the invitation with an appeal for contributions to support the Gerson Institute, the organization founded by Charlotte Gerson that carries the work of Dr. Gerson forward and keeps the flame of hope and healing alive for the

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## 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.

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## GERSON® HEALING NEWSLETTER

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From the desk of Anita Wilson, Executive Director

## HONORING CHARLOTTE, MEDICAL STAFF, BOARD, STAFF

The images, memories, sounds, thoughts and feelings of our celebration for Charlotte are settling and I find myself immersed in gratitude—a sweeping tide of appreciation for my life, for this work and for all who inspire, support and encourage this wisdom based healing. I find deep peace in the knowing that hundreds upon hundreds express their commitment to the continuation of this honorable work. And lastly, like so many others, I find great joy in being a part of paying tribute to Charlotte—to one who deserves all and more that has been extended to her.

So many times, over the past four years, I have found myself saying, “Everything you need is right in front of you.” This proved true again that evening, when Lyndon Sanders, of Fredericksburg, Texas, Founder of Alternative Health Decisions Foundation, stepped forward and provided the role of a true auctioneer, for what would be the last publicly auto-graphed copy of Charlotte’s book, *The Gerson Therapy*. Her new book is slated for late summer release and Chuck Kolhase, recovered patient from Phoenix,

AZ had the winning bid.

### Practitioners and Board

We were so pleased to have a stellar group of Gerson practitioners represented by: Dr. Alicia Melendez and Dr. Luz Bravo both from Mexico; Dr. Kayla Smith and Rose Quebec, RN both from San Diego; Dr. Melania Nagy of Budapest, Hungary and Stephen Gamble from England. It was noted that Dr. Melendez has been with Charlotte for 30 years and Dr. Bravo has 21 years of Gerson experience. Blessings to all of you.

### Staff and Volunteers

The Gerson Institute depends heavily upon the talent and services of volunteers and we were happy that the following long-term, loyal friends were present: Nancy Dodgen, Nancy Teas, Rose Quebec, Erinn Dvorachek, Pey Shadzi and Yvonne Van Veldhuizen. We also welcomed new volunteer Shirley Fenile. Additionally Board Members DeAnn Waggoner and Joan Lockwood donated greatly appreciated hours to this event. Dr. Nagy and Steve and Melanie Gamble were of great assistance at the Institute prior to the event. And former

Board Member and recovered patient, Shirley Tice is organizing an online fund-raising auction in honor of the Gerson Therapy. We will have more information about this on our website and future e-bulletins.

Below is an excerpt from words I wrote some time ago and recited to Charlotte in closing that evening:

*You’ve had not a highway polished  
clear by many who have gone before  
Nor even a trail blazed in the forest...  
But rather you have walked with dignity  
and determination in the footsteps of  
That one you call Father  
That one we call Dr. Gerson*

And on behalf of the Gerson Institute Board of Directors and Staff, we thank each of you for the dimension and dedication that you add to these footsteps.

Be Healthy and Happy,

*Anita*

## We are Grateful to Our Sponsors!

by Diane Ake, Resource Specialist

Without the generosity of our sponsors, we would not have been able to have the wonderful celebration to honor Charlotte on her 85<sup>th</sup> birthday. Their contributions allow us to continue to bring hope and healing to thousands across the globe. Please visit their web sites for more information on their programs.

### \$20,000:

How Co. Ltd., Japan [www.how-arms.com](http://www.how-arms.com)

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Cancer Aid and Research Fund, Phoenix, Arizona [www.childrenscancerresearch.org/](http://www.childrenscancerresearch.org/)  
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### \$5,000:

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Baja Nutri Care, Mexico [www.bajanutricare.com/](http://www.bajanutricare.com/)

Breast Cancer Research and Assistance Fund, Arizona  
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The Invisible Gardener Radio Program  
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## Matching Gifts

*Does your employer have a matching gifts program? If so, please let me know.*

*They might be able to match your donation to the Gerson Institute!*

*dake@gerson.org  
(888) 443-7766 ext. 109 or  
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## Big Pharma, FDA Banning Supplements

by Charlotte Gerson

The huge pharmaceutical industry has been planning for years to get rid of nutritional supplements. They call their plan “*Codex Alimentarius*.” We first published an article explaining their ideas and strategies in the *Gerson Healing Newsletter* Vol 13, No. 1, Jan/Feb 1998. Big Pharma in Europe started the idea, already well before that date. They piously give the following excuse: it is supposed to “guide and promote the elaboration and establishment of definitions and requirements for foods, to assist in their harmonization and, in doing so, facilitate international trade.” Translated into their actual aim, they wish to control any and all supplements that come on the market, limit it so that people can no longer improve their nutritional health with nutrients. Instead, with the serious damage to the soil, deficient food loaded with artificial fertilizer, pesticide and fungicide and artificial growth stimulants are the ‘proper’ food of the world, they claim. Also, if and when the body breaks down due to this poisoned daily intake, Big Pharma wants the public to have to go to the doctor for a *medical* prescription, not for herbal nutrients! Oh, but yes, people can still buy supplements—but **only** on their doctor’s prescription. This means, and it is already implemented in several European countries, that a simple bottle of Vit. C (for instance) with doctors’ prescription and pharmaceutical profit, costs around \$70 now, instead of five or six dollars!

Already one year earlier, in September 1997, a Colorado lawyer, Dr. Susan Harris, was invited to Canada to talk to the people about their loss of health freedom. She had collected enormous amounts of data on the “Codex plans” A short time later, while she and her husband were away in Denver, her house was burned to the ground, along with all the data she had collected! Police couldn’t ‘find’ clues of arson.

Notice also: these new Codex dictates are to be *international*. Big Pharma threatens all kinds of reprisals for countries that do not go along with their restrictions.

It has now come to our United States. In the March 2007 issue of *Nutrition Industry Executive* magazine, James Gormley reports that there are four new bills in the New York State Assembly, introduced by Felix Ortiz (D-51<sup>st</sup> District) plus two additional bills introduced in the New York Senate. They target all supplement companies that sell into New York—which is virtually every manufacturer that exists. These laws, if passed, would set an example to spread to other states.

One Bill would require that anybody selling supplements would have to produce evidence substantiating health claims, and require a warning statement that the product is not approved by the US Food and Drug Administration (FDA).

The next Bill would prevent school employees, especially coaches, from recommending dietary supplements to students and would require schools to warn students of the *risks of supplements*.

A third bill would establish a dietary supplements safety committee that would, apparently, create “adequate standards and enforcement for manufacturing, safety and effectiveness” of dietary supplements.

The fourth bill would require labeling to indicate which products have been tested by the FDA for “purity.”

Always remember that members of the FDA are usually employees of the Food and/or Pharmaceutical Industries and expect to be rehired after a stint at the FDA. **They will do everything in their power to oppose supplements.**

One thought to remember: There are no deaths due to food supplements. There are thousands of deaths reported from drug ‘side effects.’ VIOXX, alone, had some 55,000 death in a matter of four years. What did the FDA do when even the manufacturer of this lethal drug (Merck) withdrew it from sale? The FDA invited Merck to put it back on the market!

## Great News from Recovered Patients

by Charlotte Gerson

Among the many cards and greetings I received, some are of special interest also to our friends and members. As you know, my greatest joy is to meet with or hear from people who were supposed to die of their cancer yet whom we were able to help to heal.

Of the many cards and reports I received, space doesn’t permit to write them all up. But here are a few special situations—mainly some I hadn’t heard of in a long time or didn’t even know.

“I came to the Mexican clinic in 1994. It would be another eight years before I became a grandfather. Our granddaughter came to visit this week (March 21, 2007). I thank you and your father for the work you did to develop the Gerson Therapy and to establish the clinic in Mexico. A couple of doctors have commented recently: ‘We never see 10-year survivors of pancreatic cancer; it’s a miracle.’ signed: Lawrence Kirk. [Lawrence’s full story of 12 year survival of pancreatic cancer is contained in the *Gerson Healing Newsletter* Vol. 21, #6, Nov/Dec 2006.]

Paul Stuart wrote from Ireland: “I am so grateful you kept the Therapy going. It literally saved my life. My two-year-old son is glad to have his Daddy, too.”

Madelyn Handlong writes: “You’ve made a difference for 22 years” (recovery from melanoma).

One patient, almost forgotten because her health problems were not severe, writes, “I was at the clinic in Mexico many years ago for health maintenance. I celebrated my 85<sup>th</sup> birthday Feb. 15<sup>th</sup>, 2007.”

signed: Eleanor Schultz.

There were so many of these that there is not room in this issue for all of them. But we will include more of these lovely, empowering stories in future *Newsletters*. They fuel the engine that keeps Charlotte and the people of the Gerson Institute inspired to carry on their great task. —Ed.

*Recovered Gerson Patient tells his story:*

# My Recovery from Prostate Cancer

by Issa Khalaf

Four years and four months ago, on September 24, 2002, at 2:00 pm, my life as I lived and understood it came to an end. A call came from the urologist: the biopsy shows advanced cancer. My wife took the call because I couldn't bear to talk to the doctor who had performed the biopsy the day before, and whose anticipated call I dreaded as one dreads death. PSA results five days earlier were an elevated 21.48. Most readers of this newsletter can internalize the deluge of feelings and emotions: the numbness, the terror—unlike anything experienced—the paralysis, the inability to process what one heard, the sensation of time and motion coming to a standstill. It's a special hell.

The next day, Sept. 25, my wife and I were at the doctor's office. There, were the official biopsy results: carcinoma of the prostate; combined Gleason scores of 9 in five out of six areas of the prostate. A subcutaneous, three-month Zolodex injection was immediately administered, and, with a daily Casodex tablet, a double hormonal blockade was instituted. In retrospect, I was ironically lucky the cancer metastasized. Had it been contained in the prostate capsule, the usual procedure would have been followed: the prostate would have been removed, followed by radiation and chemo. To the urologists I consulted, the metastasis was a death sentence, a matter of (short) time until the cancer "wisens-up" and outmaneuvers the hormonal blockade, followed by the usual treatments leading to the usual death.

There I was, fearful, out of control, vulnerable, a zombie with consciousness enduring endless tests on that day, Sept. 25, 2002: a whole body bone scan and pelvis and abdomen CT scan; a week later, on Oct. 2, an MRI scan was performed. The results were a nightmare: The CT scan showed a small cyst in right lobe of liver; several others were also found in other areas of the liver; multiple enlarged lymph nodes in pelvic area. The MRI results showed adenocarcinoma of prostate; Gleason score 9

out of a high of 10; and stage D2 with metastasis of right sacrum. Second and third opinions from the University of Iowa Hospitals and Clinics and Mayo Clinics, respectively, supported the initial diagnosis.

I was 46 at the time of diagnosis in Sept. 2002, a college professor in Iowa, utterly ignorant of the signs that, in retrospect, I should have been aware of. I am of Mediterranean background, a super "type A" personality, high anxiety, seldom drank,



*Issa Khalaf*

and infrequently smoked socially, ate excellent, freshly prepared Middle Eastern food, which included lots of vegetables. Shortly after diagnosis, I found out that my maternal grandfather and maternal uncle both died of prostate cancer, though in their upper nineties.

## Enter the Gerson Therapy

While I existed in deep depression mixed with dread, my wife, who was vaguely familiar with alternative therapies but was avid about the benefits of diet, embarked on intensive Internet research and, four weeks after my diagnosis, recommended the Gerson Therapy. We called the Gerson Institute, ordered all the biologicals, syringes and needles, scheduled a weekly order of organic produce, purchased the Norwalk, even installed an under-the-sink reverse osmosis water system; we developed an efficient system. I quit teaching; we were

financially fortunate and thus devoted all our days to the Gerson Therapy, following it at home, to the letter, including the daily liver-B<sub>12</sub> injections, coffee enemas, and castor oil packs on the sacrum. We consulted with Gerson practitioners, one of whom, Dr. Donald Stillings, is especially professional, knowledgeable, and encouraging.

Six months after initial diagnosis, I took a bone density test, required because of the degrading effect of the hormone blockers: no osteopenia or osteoporosis found. My urologist doctor/friend was surprised. Exactly one year after diagnosis, I insisted on an MRI, which the doctor thought futile but relented. The Gerson Institute said the doctors will be "blown away" by the results. Sure enough: no cancer in sacrum or lymph nodes was found. My urologist was stunned, didn't know what to think, except for me to stay on the hormone blockers. We moved to Colorado in August 2004. In May 2005, 19 months after the second MRI (and 32 months after the first MRI), I requested the new urologist to schedule an MRI. The results were the same.

## "Risky, Reckless Behavior"

I had gotten off Casodex after the second MRI in Sept. 2003; my last Zolodex injection was in March 2005. The new urologist registered his disapproval at these steps. In the months since then, as I visited his office every quarter to do a PSA test and complete blood work and panel, the office experience, including with his head nurse, was transparently tense. In one of those visits this doctor, who seemed vaguely familiar with my medical file and who left matters to his head nurse, actually told me I was engaging in risky, even reckless behavior. Because at that time the PSA had slowly gone up from 0.1 to 0.5 (over an 18-month period of which he had no clue), the cancer, he insisted, had "spilled" from the prostate; he walked out of the office even as I tried to explain. The normal or reference range for the PSA is from 0.0 to 4.0. Ego before patient.

This urologist was paradoxically unaware that I was by predisposition a habitual skeptic, formally trained and nurtured on the scientific method and inquiry,

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## Celebration ...

*continued from page 2*

next generations. In all, over \$90,000 was donated to the Institute by generous and supportive people in honor of this great lady's life work. For this we are all deeply grateful and will redouble our efforts to make people around the world aware of the lifesaving potential of Dr. Gerson's work.

No description of the work of the Institute would be complete without an acknowledgment of Anita Wilson's phenomenal role in leading, inspiring and managing the organization. We honor the Herculean effort Anita put forth to make this celebration happen. She could not have done more to honor Charlotte Gerson on her special day.

You can view more photos of the celebration on the Gerson Institute website at [www.gerson.org](http://www.gerson.org).



## The Fitzgerald Report

"In the 1950s, Congressman Charles Tobey enlisted Benedict Fitzgerald, an investigator for the Interstate Commerce Commission, to investigate allegations of conspiracy\* and monopolistic practices on the part of orthodox medicine. This came about as the result of the son of Senator Tobey who developed cancer and was given less than two years to live by orthodox medicine. However, Tobey Jr., discovered options in the alternative field, received alternative treatment and fully recovered from his cancerous condition! That is when he learned of alleged conspiratorial practices on the part of orthodox medicine. He passed the word to his father, Senator Charles Tobey, who initiated an investigation. The final report clearly indicated **there was indeed a conspiracy to monopolize the medical and drug industry and to eliminate alternative options.**

"The 'Fitzgerald Report' was submitted into the Congressional Record Appendix August 3, 1953."

*\*We are conditioned to think that conspiracies are only conjectures and the domain of the lunatic fringe—when a conspiracy is nothing but another name for cartels, monopolies, cabals, combines etc. This is simply another bait and switch tactic to confuse us from seeing the truth. —CG*

## Annual Apple Alert

by Charlotte Gerson

The usual fresh crop of apples arrives on the market during the middle of August (in the Northern hemisphere). By June, the old crop of organic apples is gone and already in late May, only organic 'red delicious' apples are available. Those are too sweet for regular juicing; they may even jell the juice!

It is therefore important to plan ahead for this time: go to your health food store or regular supplier of organic produce and pay in advance for two or three boxes of green apples (greenings, granny smith, or others, except red or golden delicious) and ask him to store it in his refrigerated warehouse for you. You can then pick them up as you need them.

Also when the first new crop comes in, it is often somewhat unripe, and sour. At such a time, we suggest that you mix those apples with some of the old (even sweet) apples in order to avoid stomach upsets.



### *Special Offer in Honor of Charlotte's 85<sup>th</sup> Birthday*

For a \$25.00 donation per book, only a few copies left: *A Time To Heal*, autographed by author Beata Bishop, and *Doctor Max*, autographed by Francesca Dego, daughter of the author, Giuliano Dego.

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## Prostate Cancer ...

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having completed my Ph.D. at a world class university. He was the scientific rationalist, I, the patient who accepted his authority with unquestioning deference. I'm writing this testimonial just two days after my most recent visit to this doctor's office. The experience was the same. His head nurse, in visible but politely controlled irritation, even told me that they cannot order more than a PSA test; the insurance was asking them questions about coding, and anyway the rest was unnecessary. I said that was fine.

It's almost as if this doctor and his office, down to the receptionist, want to be right, angry that I refuse to follow the received wisdom and authority, showing no curiosity about my situation, mechanistically insisting on what they know, even neglecting to fax me the results of the blood tests. It's been bizarre, creepy, even hostile. I'm switching over to a general practitioner, and will continue quarterly PSA and blood panel for the remainder of this year, after which I plan to do those tests twice a year.

The PSA results for the past 22 months, since my last Zolodex injection, have been spectacular, stabilizing at 0.7.

After three years on the Gerson Therapy, I've adhered to a modified, cancer-free therapy since Sept. 2005, in accordance with Dr. Stillings' directions. In the annals of oncology, my story is amazing, as are the stories of many who've successfully done the Gerson Therapy.

This therapy could not be done alone, even for those, like myself, who were never incapacitated. My amazing wife worked around the clock, doing practically everything an in-home caregiver would do. Her boundless optimism, faith, and encouragement constituted, along with the proven results of Gerson, the single most important factor in my recovery.

I'm now writing a book about my experiences. Tens of thousands of men need to know there is an alternative to surgery, radiation, chemo, and usually death.

—Issa Khalaf

Colorado Springs, January 25, 2007



# Did You Know ... ?

by Charlotte Gerson

We printed this article in a past Gerson Healing Newsletter, but thought it would be useful for those new subscribers or who needed reminding. —Ed

## Estrogen Replacement Therapy

\$840 million worth of “natural” hormone replacement drugs are prescribed each year. The women who take it do not know that the word “Premarin” is a combination of three words: Pregnant Mare’s Urine. Thus, it may be natural, but it contains many products (49) that do not belong in women’s bodies.

Premarin does not prevent nor reverse osteoporosis. Some studies have shown that the side effects, (headaches, nausea, bloating, diarrhea, excess hair growth and some vaginal bleeding) are only the precursors of future problems: One Harvard study found that women 60 to 64 who had been taking estrogen for five or more years, had a 71% higher risk of breast cancer. Furthermore, while patients are told that Premarin supposedly also prevents heart disease, it turns out that those women taking it had an even higher risk of heart disease and new research has even suggested that it may cause heart disease. A study in the JAMA has found that women taking estrogen developed blood clots and heart disease, while those who did not, had none.

## Talcum Powder

The *Women’s Health News* Journal also warns about using Talcum Powder. Talc has been shown to cause lung cancer in babies when it’s inhaled—and ovarian cancer in

women when applied to the genital areas.

Use corn starch instead. It supplies the same drying effect without any risk.

## Toilet Paper

Apparently the artificial dyes contained in some toilet paper can cause irritation to the skin. There have been reports of women who had severe local irritation from such dyed toilet papers; however they were treated for some years for genital herpes. Of course they suffered pain, flare-ups, anguish and frustration. When one gynecologist finally understood the problem and they switched to *white* toilet paper, the problems disappeared. The *Women’s Health News* Journal also reports the case of a man and his daughter, both experiencing pain in their genital area from irritation and soreness. When they switched back to their white paper, their symptoms disappeared.

Suggestion: Use only unscented, white toilet paper.

## Fabric Softeners

These products leave a chemical residue, whether a liquid or dryer sheets are used. They leave a chemical film that never really washes out! We saw one patient who had become free of asthma attacks on the proper diet and had a bad case after visiting a friend’s house. It turned out that the friend had fabric softener sheets in her dryer that was functioning during the visit.

The *Women’s Health News* Journal offers the following alternative: Add ¼ cup of distilled white vinegar to the wash cycle. It supposedly softens your clothes and also gets rid of static cling.

## Moth Balls

There are numerous warnings in the Gerson *Handbook* for patients about various cosmetics and household chemicals. You may not have seen anything about moth balls. These are made from a highly toxic chemical, para-dichloro-benzene that can cause nausea, headache, kidney, liver and lung damage.

A solution is available: There is apparently an herbal repellent, called *Moth-Away*. You could also line your closets and drawers with cedar sheets. These items are available at Home Depot stores or at Bed, Bath and Beyond.

## Banana Chips

Banana Chips from a grocery or health food store are NOT dried bananas. They are deep fried, contain oil and sugar. Obviously, Gerson patients should not use them. Dried or dehydrated bananas are available, but are very sweet: a good treat for kids, again too sweet for Gerson patients. An occasional treat for a patient: freeze ripe peeled bananas, then run them through the Norwalk or other grinder. You’ll have instant banana ice cream!

## Rice Milk

This is neither milk nor a watered rice extract. It contains salt and oil! For the kids, or a *rare* treat for Gerson patients, you can make your own as follows:

Cook organic brown rice till tender. While fresh and hot, put it into the blender with just enough distilled water until you get the milk consistency you want. Add a small amount of unpasteurized honey if desired. When well blended, pour through a fine stainless steel strainer to remove solids. Keep in refrigerator. Can be used on stewed fruit or oatmeal. Shake or mix before using.

The last two items above, (Rice Milk and Banana Chips) come from the *Healthful Living Newsletter*, edited by Jean-Guy and Echo Maillet; Suite 354, 3104 30<sup>th</sup> Ave., Vernon, BC BIT 9M9, Canada.



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## Reminder!

We have increased our Newsletter subscription rates to \$40 domestic/\$45 international to meet increased printing and mailing costs.

*Overwhelmed!*

# Thanks for the Wonderful Birthday Cards!

by Charlotte Gerson

It has taken me some time to open and read all the birthday greetings that I got this year. There was quite a stack, but I read every single one of them! They are beautiful, and I was very moved with their outpouring of loving thoughts. I should like to thank each one of you individually—however that is obviously impossible. Please forgive me for taking this easier course by which I hope to reach you all.

I received birthday cards from all over the world, nearby and as far away as Australia, the United Kingdom, Romania, Japan, and places in between. They were sent by recovered patients, people currently on the Therapy, and some from very well-known and widely respected people. These included Charles, Prince of Wales, the singer Sting and his wife Trudy Styler, Albert Schweitzer's daughter Rhena Schweitzer Miller, the Romanian publisher of Dr.

Gerson's book and many more. The Gerson Support Group, UK devoted an entire page of their publication, *Coffee 'n' Carrots* to a birthday greeting with huge balloons. I wish I could preserve them all, decorating the walls of my home! Along with many generous contributions to the Gerson Institute, there were also numerous presents, including orchids, beautiful books and more.

A particularly interesting gift was the invitation by Andy Lopez, "the Invisible Gardener," who is giving me a one-hour radio show the first Saturday of each month, for a year. You can listen to the broadcast on the Internet from anywhere in the world at 11:00 AM to noon, Pacific Time (GMT-8). His website is "www.invisiblegardener.com," and there will be links to it on the Gerson Institute website. If you simply enter

"http://0070a78.netsolhost.com/invisiblegardener.aspx" into the URL space in your browser, the radio show will start coming out of your speakers. Another way of getting there is on Andy's homepage, there is a "Radio Show" icon on the right hand side. Click on the link "Radio Shows", then the "Radio Show" icon on the upper right hand corner. The first show was on Saturday, April 7, 2007, then the first Saturday of every month thereafter. Please call in to the show at (310) 457-0138. Also, Andy's excellent show "Don't Panic, It's Organic" is on right after I finish from noon to 1 p.m. PST so you can just keep on listening!

Among the messages from recovered patients, there were a few patients I didn't even know about, others from whom I hadn't heard for a very long time, many whose amazing stories we had never published. You will find some of those stories in this *Newsletter*. More will follow in later issues.

Again, many thanks for the outpouring of love and wishes I won't forget for a very long time!

*Charlotte*

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# Mercury-Contaminated Fish

excerpted from *The Independent*, March 8, 2007 by Charlotte Gerson

On March 8<sup>th</sup> an article appeared in the respected British publication, *The Independent*, titled "Mercury Contaminated Fish Pose Worldwide Threat to Health." The first sentence of this article says that "a warning about the risks of eating mercury-contaminated fish is to be issued by an international group of scientists today."

Fish absorb the toxic chemicals that abound in the sea, with the most serious risks to children and women of childbearing age. Mercury is a severe neural poison and it causes the following problems from its ingestion: nausea, vomiting, abdominal pain, renal (kidney) failure, gingivitis, personality changes and depression, seizures, paralysis, pneumonitis and/or death.

The above discussed warning is based on five papers by mercury specialists summarizing the current state of knowledge, from the international science journal, *Ambio*. It presents 33 key findings from four expert panels.

Fish is promoted because of its content of omega-3 fatty acids and other nutrients. The renowned British medical journal, *Lancet*, claims that the risks of eating fish were outweighed by its benefits. Since there are mercury-free sources of omega-3's, fish should be eliminated from the diet of health conscious persons.

U.S. scientists focused on the risks of mercury which, they say, now constitute a "public health problem in most regions of the world." Aside from its damage to the human fetus, new evidence indicates that it may also increase the risk of heart disease, particularly in adult men. Even in fish-eating wildlife, increasing mercury concentrations are now being detected.

Professor James Wiener of the University of Wisconsin said, "The policy implications of these findings are clear. Effective national and international policies are needed to combat this global problem."

In the U.S., official government advice is

for pregnant women to limit their consumption of all seafood, including white fish, oily fish and shellfish, to no more than 12 oz. (340 g) per week in order to limit their exposure to mercury.

The most worrisome part of the mercury contamination of fish is that it doesn't begin to address the severe poisoning of almost the entire population from dental amalgam. The so-called "silver fillings" are some 51% mercury and, through the mechanical action of chewing in the acidic environment of the mouth, release this poison permanently into the person who has such fillings. It has been shown that over the course of 20 years, up to 95% of the mercury originally contained in amalgam fillings is leached into the body! The ADA (American Dental Association) claims that once installed in teeth, the mercury is safe! The contrary has been proven over and over again. Also, if any of the 'silver-amalgam' filling that was to be installed in the patient's teeth is left over in the dentist's office, it is required *by law* to be disposed of as "toxic waste." It is inconceivable that by the very act of putting toxic waste in one's mouth, it suddenly becomes safe.



## For Advanced Breast Cancer Yet Another Drug

by Charlotte Gerson

In 1975, Prof. Hardin Jones, University of California, proved for the first time, on a large-scale study that lasted 23 years, that cancer patients refusing to undergo surgery, radiotherapy and chemotherapy (on a free food regime without following a particular diet) survived on average 12½ years, whereas patients who were treated with standard medication (surgery, radiotherapy and chemotherapy), died on average within three years." (Reported in a past *Gerson Healing Newsletter*.)

In a *NewsTarget.com* printable article, originally published March 13, 2006, we read the following:

"*Herceptin Hype: Big Pharma's new 'Miracle Cure' for breast cancer is inferior to free, natural cures.*"

The article describes the drug industry's delight at what they shout was a new, amazing, miracle-class breakthrough drug for

breast cancer: Herceptin. The public is being deceived as follows: The drug is being described as producing a 50% reduction in risk! But this is how the 50% is calculated:

A trial involved 100 people, of whom two would normally get breast cancer. But when all 100 people are put on the drug, only *one* person gets breast cancer, or the reduction of one out of 100. Yet the pharmaceutical industry will exclaim that the relative risk reduction is 50%, because one is 50% of two! The serious side effects the 98 people suffered are not discussed.

On March 14, 2007, an item published in the *Monterey County Herald* announced that another new drug has been approved by the FDA and is being promoted for advanced breast cancer. The author of the article is Andrew Bridges. He reports that GlaxoSmithKline, the manufacturer of the

new drug, named it "Tykerb" and it is to be taken together with Herceptin or Xeloda. Tykerb will be in pill form and women will need to take one pill daily. The cost of this drug is \$2,900 a month, or \$34,800 per year *per patient* for minimal benefits, *if any*. According to the American Cancer Society, right now there are slightly over two million women living in the United States who have been treated for breast cancer.

In its initial tests, it is claimed that it 'delayed' tumor growth for about eight and a half months. The results of a later test showed a reduction of only seven months if taken along with a previous drug, Xeloda, vs. Xeloda alone. The FDA at the moment does not know if women live longer with Tykerb. "Herceptin has been 'an important option,' but eventually it stops working and the women die of their disease."



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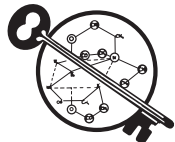
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WWW.GERSON.ORG/EVENTS

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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., 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, Carol Beard, Charlotte Gerson	Please contact Kayla Smith, ND for price and availability. email: ksmith@gerson.org. Tel: 619-685-5353
Sat., May 5 and Sat. Jun. 2, 2007 11:00am-12noon PDT	Charlotte Gerson on "The Invisible Gardener" radio show	This show can be heard anywhere in the world that has an Internet connection.	Charlotte Gerson will be on this station the first Saturday of every month.	To listen to the show, put the following into your browser's URL: http://0070a78.netsolhost.com/invisiblegardener.asx. To call in to the show, call (310) 457-0138.
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: ksmith@gerson.org. Please call or email for prices, qualifications and reservations.
Mon., Jun. 11 to Sun., Jun. 17, 2007	Weeklong Residential Wellness Program	Charlotte Gerson Health Restoration Center, San Diego, CA	Kayla Smith, ND, Dave Herbert, Chef, Carol Beard, Charlotte Gerson	Please contact Kayla Smith, ND for price and availability. email: ksmith@gerson.org. Tel: 619-685-5353
Sat., Nov. 3, 2007	Lecture and Presentation	American Academy of Environmental Medicine National Conference, Palm Springs, CA	Charlotte Gerson and Dr. Kayla Smith, ND	Please contact the Gerson Institute, 619-685-5353, for details, or the American Academy of Environmental Medicine, 7701 East Kellogg, Suite 625, Wichita, KS 67207-1705. Tel: (316) 684-5500, Fax: (316) 684-5709, Website: www.aаем.com.

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