

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

An Unusual Cancer

Two-Year Recovery

by Charlotte Gerson

For many years, it has been drummed into people's head that there is a different drug for each symptom, each disease, each cancer. It is therefore difficult to help the public to understand that The Gerson Therapy does not fall into that teaching. The therapy is designed to restore the body's ability to heal—no matter what the problem.

At the Gerson hospital, we see mainly the common types of cancer: Breast, Colon, Prostate, Pancreas and increasingly, Melanoma. However with the teachings of orthodox medicine in mind, many patients ask whether the Gerson treatment may be effective to heal **their kind of cancer**.

The story below is given to demonstrate that some rare and unusual types of cancer also respond favorably.

On May 23, 2007, we received this e-mail from Beth A. "My husband, Geoffrey, was diagnosed in July of 2005 with peritoneal mucinous adenocarcinoma, which we believe was a result of being exposed to radiation in the military. He had extensive

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Mid-August Publication Date

Charlotte Gerson's New Book Available

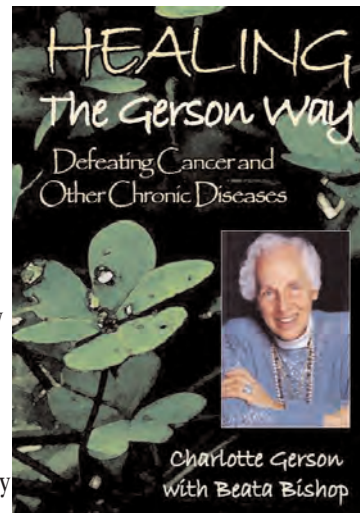
by Howard Straus, Editor

Very exciting news! Charlotte Gerson's latest book is scheduled to be available for shipping in mid-August.

The new book is titled *Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases*, and was co-authored with Beata Bishop. The Gerson Institute will be replacing *The Gerson Therapy* with *Healing the Gerson Way* in its offerings.

Many of our long-time friends and supporters know Beata's name well. She is a 26-year Gerson Therapy survivor of stage IV spreading melanoma, as well as a psychologist, a novelist, a writer for the BBC in London, and a lecturer on the Gerson Therapy all over Eastern Europe.

Beata brings her articulate and powerful writing style, as well as her careful and detailed research ability to this book, which is the best ever Gerson Therapy book produced. Beata's own experience of the power and healing ability of the Gerson Therapy lends a passionate involvement to the writing that electrifies every page.



In addition to the latest information on the Gerson Therapy and the deep documentation that is provided for the assertions in the book, there is an expanded and well-ordered recipe section, amounting to nearly 100 pages of Gerson-ready recipes, many of them contributed by the Gerson Support Group, UK, in which Beata was also instrumental for years.

The book contains details of the entire Gerson Therapy, including its variations for maintenance, non-malignant disease and chemotherapy pre-treated patients.

The Gerson Institute is making a special offer to subscribers of the *Gerson Healing Newsletter* to purchase *Healing the Gerson Way* at a prepublication price of \$19.95 plus shipping and handling (and California sales tax, for California residents).

Upon publication the price will be \$29.95. Charlotte Gerson has also offered to support the Institute by offering to dedicate and autograph each "first

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Monthly Radio Show

Charlotte Gerson on Radio

by Diane Ake, Resource Spec.

Here is your chance to call in and talk to Charlotte!

Call in number: (310) 457-0130

11:00am to noon Pacific Time

First Saturday of every month.

Next Show: July 7, 2007

Charlotte's one-hour show is titled "Healing the Gerson Way," and it is aired on 1340 AM Air America Radio, Santa Barbara.

If you live outside the broadcast area, you can listen DURING THE SHOW via audio streaming on the Internet. Go to the page <http://www.live365.com/stations/invisible-gardener?site=pro> to listen.

Andy Lopez, "The Invisible Gardener," is hosting Charlotte's segment from his radio show called "Don't Panic, It's Organic." Andy's show immediately follows Charlotte's show, airing from noon to 1:00 pm, Pacific Time. Andy informs his audience about Earth-conscious gardening, natural pest control techniques and organic farming.

Thank you Andy for your sponsorship!

If you miss the show, you can hear it "on demand" through our website www.gerson.org on the bottom of our home page.

You can also download a free podcast of the show by going to <http://www.invisible-gardener.com/podcast/podcast.html>.

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.

Charlotte's New Book ...

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edition" book purchased at the prepublication price for an additional \$4.00, proceeds to benefit the Gerson Institute.

Publication of this book is a culmination of over two years of hard and painstaking work by a number of people, from authors Charlotte Gerson and Beata Bishop to your Editor and the book's publisher Howard Straus, Charlotte's daughter Margaret Straus, top notch book designer and editor Joanne Shwed and a number of other specialists in the production and design of books. We are all very proud of the end product, and we know you will be happy with it too.

The firm of Marketing First in Carmel, California has placed an eBook version of *Healing the Gerson Way* on the Internet at www.gersonway.com. This means that once purchased, the book can be quickly downloaded anywhere in the world in electronic (PDF) file format.

We urge you to take advantage of the dual benefits of the prepublication price plus Charlotte Gerson's offer of dedication and autograph by ordering your book before the August 17th publication date.

"For over thirty years I have recommended the Gerson Therapy to persons fighting cancer, and have never once had cause to regret it.

"This new Gerson manual is the best ever written on the subject: comprehensive, up to date, exhaustively referenced, and very readable. It explains the therapy as it instructs on exactly how to do it yourself. Most importantly, *Healing the Gerson Way* is about healing chronic diseases other than cancer, including many that are supposedly 'hopeless.' Don't let anyone tell you otherwise: There is much more than hope for 'terminal' patients: there is Gerson. This is a compendium of knowledge, based on decades of success, that you will want to share with everyone you know."

—Andrew W. Saul, Assistant Editor,
Journal of Orthomolecular Medicine

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Unusual Cancer ...

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"debulking" surgery (removal of tumors). He had no medical treatments other than that.

"After two weeks in the hospital and then several weeks of healing, we started the Gerson Therapy. My husband had met Charlotte some forty years ago in Mexico and he remembered that experience. After praying about our pathway to healing, we chose the Gerson Therapy.

"His CBC (complete blood count) and other blood tests have continued to be very normal, except for his cancer markers which are around 55. He has followed the diet and supplements exactly. He is doing very well and looks and feels wonderful. His oncologist and surgeons are simply amazed as they expected him to live five to 18 months. We both know, along with all our family and friends, that he would not be here if it were not for the Gerson Therapy."

GERSON® HEALING NEWSLETTER

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Howard D. Straus, Editor

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From the desk of Anita Wilson, Executive Director

CAREGIVER TRAINERS, PRACTITIONERS, PLANNED GIVING

As usual, we have good news to share with our loyal, dedicated members. We are in the process of developing a new program to certify Caregiver Trainers. It is the natural evolution flowing from the success of our tri-annual caregiver classes and our volunteer internships at the Charlotte Gerson Health Restoration Center. We attract high caliber persons filled with compassion for those doing the therapy, overflowing with the desire to put their training into service and with enough energy to leap over tall juicers for hours on end. This program consists of additional, one-on-one training at the Institute, opportunities to teach supervised sections of the companion and caregiver classes, an assessment of all non-medical therapy skills and results in the certification for opportunity to teach other caregivers. We will keep you posted in our e-bulletin on the progress on this exciting development. Our next regular Caregiver Class is July

20-22—register right away as we fill up quickly.

Practitioners' Training Class

We had 12 participants in our weeklong Module I class for licensed health professionals with representation from Hungary, Romania, Singapore (3), England (3), California, New York, Missouri and Arizona. We hosted the training at the Institute and were able to rent a meeting room across the street at the Holiday Inn, converted our backyard into a restaurant for breakfast and lunch and passed \$600.00 savings to each student with the reduction in overhead costs. Almost half of the group registered for Module II—the experiential phase of the training, where, under Dr. Smith's supervision, they start treating stable patients.

Planned Giving

On another note, this week we received an email from a recovered patient who

informed us he is naming the Gerson Institute in his will as the primary beneficiary for an investment fund. For updated information on our Planned Giving programs, please contact Diane Ake at (619) 685-5353, Ext. 109 or dake@gerson.org. This becomes increasingly important to us, as now, being debt free and having developed more programs and diversified our income, we are looking at long-term needs.

Seeking a New Facility

Our Board of Directors is looking to the future and the need for a centralized facility which would combine our 10 - 12 employee office, shipping and kitchen operation, an expansion of our successful wellness program and lend itself on-site training and the hosting of some larger events. Please let us know if you would like to help with this vital need.

— Anita

Caregiver Class Update, Testimonials Needed

by Diane Ake, Resource Specialist

Online Caregiver Class Update

We want to thank everyone again who donated for the Online Caregiver Class last year. Right now we are upgrading the class curriculum to improve the content and teaching method so that it will be ready in the future to be filmed. We are also producing the accompanying materials including binders and power point slides. As it gets closer to completion we will need to recruit more funds and volunteers for the filming stage. Thank you to those who have inquired and we will keep you posted on progress.

Testimonials Solicited

We need your testimonials for new brochures we are developing to publicize our programs.

- What does the Gerson Institute mean to you?
- How have you been helped by our programs and services?

Please share these with Diane Ake
dake@gerson.org 619-685-5353 ext. 109

Meet the Staff

In response to several requests from readers, in this issue we will begin to introduce the staff of the Gerson Institute. We are doing this so that when you call, you will have a face to attach to the friendly voice at the other end of the line. Let us know how you like it.

Photos from Charlotte Gerson's 85th Birthday/Life Dedication Celebration

Special thanks to Neil Montanus®, retired professional Eastman Kodak photographer, for volunteering his talents to be the official event photographer. Neil is offering an exquisite special edition commemorative photo album with 110 photos of this historic occasion, for \$125 plus \$10 shipping.

To order an album or to get more infor-

mation, contact Neil directly at:
montanus@rochester.rr.com or
119 Shoreway Drive, Rochester, NY 14612

Caregiver Training

*Want to learn how to do the Gerson Therapy?
Sign up for the
Caregiver Training,
July 20-22, 2007 in San
Diego, CA.*

*To register, contact
Barbara Conde,
bconde@gerson.org, or
Tel: +1 (619) 685 5353,
Ext. 129*

Fast Relief From Extreme Cancer Pain

A Dramatic Response

By Charlotte Gerson

Nancy Kosobucki was 40 years old and had two kids when her regular gynecologist told her that after 40 she needed a baseline mammogram followed by an annual one thereafter. The mammogram came back with a 'suspicious' area so she was told to come back in six months (September 1999). At that time, the 'suspicious' area had doubled in size and a lumpectomy was recommended. Since the surgeon found that the tumor was only one centimeter in diameter, and since he had obtained clean margins, he felt that she didn't need chemotherapy. Nevertheless he suggested radiation—but Nancy refused.

Meantime, she conceived but lost her baby at about four months. Another mammogram, in 2000, showed a recurrence in her right breast. Her physician recommended a bilateral mastectomy followed by chemo, radiation and five years on Tamoxifen. She declined. She didn't really want to see another physician, so she consulted a naturopath and followed her suggestions for some natural treatments. She felt comfortable with those and assumed that she was getting better. Unfortunately, the naturopath was killed in an automobile accident—and Nancy was unsure as to what to do next. She actually did nothing.

In 2003, she noticed a ring-shaped redness around the nipple of her right breast and had a CAT scan and an MRI. These showed that she had an invasive, inflammatory breast cancer that had also invaded her

pectoral and intercostal muscles, her vertebrae, right axilla and left greater trochanter (femur) also causing pain walking. She had nodules in her right lung as well, the largest one measuring 2 cm. She was told that she would be dead in six months and only chemo could prolong her life. She still felt that with the right treatment, her body would be able to heal itself.

By November of 2006, she started to have back pain and soon she was unable to stand up straight. She was sent to a doctor to take muscle relaxants but got no relief. In December, the pain had become severe and on Jan. 3, 2007 she had a new CAT scan and bone scan. These showed that three vertebrae, her lungs and shoulder were invaded.

Nancy had worked as a massage therapist. Strangely, a client of hers was familiar with the Gerson Therapy and some time earlier had given Nancy a brochure with information about the treatment. She had paid no attention to it and had put it away. When her pain became unbearable, she remembered that she had some information, looked for it and found it. At that point, she took it seriously and decided to try the Gerson Therapy.

When she arrived on January 31, 2007 she was in extreme pain. In order to try to take the worst edge off her suffering, she was on a morphine patch which, she was told, was to be renewed every 72 hours.

That was not nearly enough to help her bear the pain and she was also prescribed hydrocodeine (500mg tablets) to take 'as needed.' She was taking three to four of those tablets on top of the morphine. This heavy medication only took the edge off her pain.

Then came the amazing news: On the full intensive Gerson Therapy, Nancy was *free of all drugs and entirely free of pain in exactly one week.* The doctors, nurse and frankly even I found this difficult to believe. Most of our patients have pain relief very promptly—but few are on such heavy drugs, have such severe pain and bone lesions and respond that rapidly.

Nancy is only just started on the treatment, by far not cured; she still has some healing reactions, occasional low back pains, some prickling, some migraines and other discomforts. But she no longer needs morphine, codeine or heavy pain drugs. Back home, her doctor was impressed with her dramatic pain relief. He took her blood and urine for analysis and had to admit that "all is normal." Nancy also lost 42 pounds that she urgently needed to lose. She would still prefer to lose another 20 pounds.

As she prepared to leave her doctor's office, he urged her to stop at a McDonalds on her way home and take ... "a strawberry or chocolate milk shake in order to bulk up," since, after all, she was fighting for her life! He even suggested that she continue to take Vicodin for pain (minimal at this point) and assured her that it "would do no harm to her body nor affect her cancer in any way." Nancy didn't follow either of his suggestions.

We extend a hearty welcome to our

New Honorary Directors

by Diane Ake, Resource Specialist



Dr. Andrew W. Saul

<http://www.doctoryourself.com>

Andrew Saul is Assistant Editor of the peer-reviewed *Journal of Orthomolecular Medicine* and Editor-in-Chief of the Orthomolecular Medicine News Service. DoctorYourself.com is his personal website, which now receives over 40,000 hits a day. *Psychology Today* named Andrew Saul one of Seven Natural Health Pioneers in its

November-December 2006 issue.

He has a nontraditional Ph.D. in Human Ethology and was on the faculty of the State University of New York for nine years. He has studied in Africa and Australia, earned a master's degree and three state certificates in science education, and has twice won New York Empire State Fellowships for teaching. Saul has a reputation for his commanding knowledge of clinical nutrition.

Saul's 1994 book, *Paperback Clinic*, has

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Irradiation of Organic Food?

by Charlotte Gerson

Starting in September 2006, we read the worrisome news of a child being sickened from eating organic spinach! The offending substance was supposedly *e. coli*, and it was even blamed for a death! As it turned out, no proof was ever found that the particular spinach and a possible *e. coli* infection were responsible.

For two months, this “poisoned food” made headlines in newspapers, major TV networks, cable news networks, and every news outlet possible. When the media hype in that case died down, and it could be assumed that the public had forgotten the ‘dangers of eating organic,’ a new case was blasted all over the news. This time, the culprit were supposedly organic green (spring) onions. Again, no direct evidence ever appeared, nor could the spring onions be proved to cause the problem. Nonetheless, the news outlets breathlessly reported every nuance of the case (that the FDA chose to release).

Once more, after another three weeks or so, a new case was being hyped: this time it was organic tomatoes, and again no specifics were available.

On the other hand, various meat products, particularly hamburgers, are responsible for many thousands of *e. coli* infections, disease, and a number of deaths. How is it that nothing about these cases ever appears in the news? This was a published item:

E. coli causes more than 100,000 cases of illness per year. This infection is untreatable and can lead to severe complications, including hemolytic uremic syndrome, chronic renal failure, and death. Ground beef is the most commonly identified source of infection. Pooling the meat of many thousands of animals into ground beef may increase the rate of contamination. Just a few organisms are sufficient to cause severe illness, and efforts to decrease the contamination of ground beef have probably reduced but not eliminated the risk. Irradiating ground beef would effectively destroy *e. coli*.

Campylobacter jejuni, the most common of all bacterial food borne infections, causes an estimated two million cases of illness per year and has been associated with Guillain-Barré syndrome (GBS), an acute neurologic disorder. Treatment of a *Campylobacter* infection does not prevent its progression to GBS. Poultry is the most commonly identified source of infection. Cross-contamination during slaughter may lead to nearly universal contamination of poultry meat. It takes only a small number of organisms to cause infection. Current efforts to reduce cross-contamination may be responsible for a decrease in *Campylobacter* infections, but these efforts are not likely to eliminate the risk altogether. Irradiating poultry meat would effectively eliminate *Campylobacter* from that food.

Where is the public outrage over a probable two million annual deaths from toxic and powerful FDA-tested and approved drugs?

Unfortunately, there is a reason for singling out organic vegetarian items. Over the past eight to ten years, the organic food industry has grown some 19% each year. The public likes the better tasting organic food as well as its perceived health benefits. This angers the chemical companies that produce the artificial fertilizers, pesticides, fungicides and other toxic chemicals that are used in the production of commercially raised foods. That food industry is growing only at the relatively stagnant rate of two to three percent annually. We believe they have decided to do something about that.

Of course the first thing is to frighten the public about the safety of organically grown vegetarian items, despite the fact that the major causes of food-borne infections are

animal products! Once the public is thoroughly worried, the FDA can sell people on their particular remedy. If the FDA can whip up enough fear and frenzy with their selective scare campaign, they can then “respond” to public pressure for food safety regulation, and implement their plan to irradiate all organic food! Not only that, they are also working on changing the labels on irradiated food so that irradiated food need not be identified as such, instead being mislabeled “pasteurized!” In other words, the FDA knows that the public objects to irradiated foods, and doesn’t want to have to face irate consumers over that issue! More and more savvy shoppers know that many tests on animals have proven that rats fed irradiated foods become severely ill!

The conclusion is: the chemical industry is happy to feed the public toxic, deficient and damaged foods. Failing this, they will force us to eat foods damaged by irradiation.

Inform yourself about local organic growers, if possible grow your own food. Be aware and pass this information along.

Write, phone and e-mail your government representatives. If the idea of irradiating *all* organic food becomes a reality, our entire population is at risk! It is most likely that we could no longer heal. That would suit the pharmaceutical giants perfectly.

Big Pharma can then sell more poisonous, ruinously expensive drugs that have never healed, but, according to Carolyn Dean, MD in her book *Death by Modern Medicine*, cause a documented 100,000 deaths annually from properly prescribed, properly administered and properly dosed pharmaceuticals. Since every study of deaths from medical errors and drugs has shown these causes are underreported by a factor of 20, the actual number of deaths is probably vastly higher.

We must ask, when the news outlets make months of headlines over two or three *possible* deaths from organic contamination, where is their (and our) outrage and the regulatory effort of the FDA in the face of a probable *two million* deaths annually from scientifically tested, FDA-approved pharmaceuticals?

Phenobarbital investigated

Epilepsy Drug Linked to Heart Attack Risk

by Charlotte Gerson

For patients with epilepsy, we have had an interesting communication from Margaret Straus in Italy. Dr. Giovanni Babbolin of Vicenza has been researching one aspect of drug therapy for epilepsy and has made an alarming discovery. Drugs like Phenobarbital appear to raise the level of homocysteine in the blood. High blood levels of homocysteine are associated with an increased risk of heart problems or stroke. Dr. Babbolin is well aware that there are many other documented effects of Phenobarbital, but the consistent increase in homocysteine levels and hence the increased risks of heart attack are not among them.

Dr. Babbolin writes:

"A few acquaintances confided to me that they had epilepsy and, out of curiosity, I asked them to have their homocysteine levels tested. Four out of five had double the maximum value (11.4 $\mu\text{mol/l}$ for males, and 10.4 $\mu\text{mol/l}$ for females, although in my opinion the values should not exceed 6.7) and one actually had 35.

"The oldest of these subjects was 40.

"Three were taking Phenobarbital, one in association with lamotrigine and the last took lamotrigine with valproic acid.

"I am convinced it is not coincidence that all five had elevated levels of this metabolite.

"Another case I came across a short time ago, had even more serious consequences: all blood values were perfect, homocysteine 45. The patient, 38 years old, suffered a stroke. He had been taking anti-epileptic drugs for 20 years.

"I phoned the science editor of a newspaper to enquire regarding the available material on this subject, and he replied quite rudely."

Thus Phenobarbital joins Vioxx (and other Cox-2 inhibitors) and Avandia (for diabetes) in significantly increasing heart attack risks.

Nobody's checking on them

Dangers of Food Additives

by Charlotte Gerson

In the May 21, 2007 issue of *Business Week* an article appeared concerning the problems that have recently come up in food additives. A number of reports have appeared in the press of animals (dogs) that have died, apparently poisoned by pet food. The article is authored by John Carey.

The author states that a long-time top policy official at the Food and Drug Administration, (FDA), William Hubbard, had been worried for some time about the imported foods, the additives contained in it, and the shortage of FDA officials to examine these items. Mr. Hubbard, who left the agency in 2005, states that he had been warning about food safety since the '90s.

The trouble is with the additives used. They are generally not examined, especially when contained in imported foods. In Europe, the journal reports, a near miss occurred when a vitamin A from China nearly got into an infant formula. It contained harmful bacteria. "In the past few weeks, the FDA has issued warnings or recalls for brands of milk, olives, bottled water, bread, prepared fruit trays, melons, oysters, and peanut butter."

An estimated 5,000 deaths occur in the US from foods imported from countries that have no strict controls, imports that have doubled since 2002. The cash-strapped FDA

is able to inspect only about 1% of such imports in what the author calls "a recipe for disaster."

The problems arise mainly from 'food additives' that are found in almost all products that are bottled, canned, boxed, or otherwise processed and found on grocery shelves. Now imagine what might happen if some truly evil terrorist were to add some poison to the ingredients to be used in 'processed' foods.

On the other hand, please note that the organic, vegetarian fresh produce of the Gerson Therapy has no additives and is about as safe as possible. The only possible item that might be contaminated is the "organic, salt-free, 100% organic rye bread." According to its label, it contains only "100% organic rye flour, natural spring water and sourdough starter." What is important is that it is produced by one manufacturer who is able to control the ingredients and buys nothing from the outside that he is unable to test.

The contaminated pet foods apparently contained tainted wheat products from China that wound up in "tons of pet food." The author continues: "The lesson: It's easy for adulterated ingredients to sneak past the FDA and into the supply chain. Steps were taken after hundreds of Americans were sickened by Jack-in-the-Box burgers in 1993 and the meat supply is now 'safer' thanks to efforts by the Agriculture Department. But, the FDA, which regulates 80% of food, hasn't been given similar powers or resources." Unfortunately, even if they were given such powers and funding, we have long since learned that the FDA does not answer to the taxpayers who pay its salaries, instead it serves its rich and powerful clients, Big Pharma, and cannot ever be trusted to take our side against their true bosses, the drug companies.

Eat fresh and organic and be safe.

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

Are the Cows Really Happy?

Pus Cells in Milk

by Charlotte Gerson, From an article by Robert Cohen on www.notmilk.com

What IS the USDA thinking? Would you feed your child milk if you knew that a glass contained 500 pus cells? 100? 50? Most people answer that they would not accept milk with any pus in it at all for their precious children.

The United States Department of Agriculture (USDA) is tasked, among other things, with setting food safety standards for interstate commerce in food and food products. This article concerns USDA standards for allowing milk to be shipped interstate, and how various states stack up against it.

We see all kinds of ads, and your pediatrician confirms, that milk is an important nutrient that kids need to grow up and build a strong and healthy body. The well advertised “milk moustache” ad claims that “Milk Does a Body Good.”

In their April 10, 2004 issue of *Hoard's Dairyman*, the *National Dairy Farm Magazine*, page 268, you can see the number of pus cells contained in milk from California. Pus cells? It turns out that standard dairy cows are medicated with recombinant bovine growth hormone (rBGH) to stimulate a much higher than normal milk production. This causes severe stress that results in mastitis, an infection of the udders of sick and stressed cows. This infection is, of course, treated with antibiotics, helping to breed more antibiotic-resistant organisms. It is literally unbelievable that one liter (a little over a quart) of California milk contained 298 **million** pus cells in 2003, 11 million more pus cells than it contained in 2002.

You might console yourself by saying “but milk is pasteurized. Surely the cells are cleared!” No, they are not cleared, they are only heated. So your kids drink dead pus cells.

There is a slight consolation: some other states' milk contains a much higher pus cell count than California's. Alabama has an average of 444 million cells; Nevada's has less: 'only' 443 million; while Florida's milk has the highest count: 548 million pus cells per liter, or nearly 130 million per 8-oz glass. Even that is well below the USDA's allowable U.S. standard of 750 million pus cells per liter, above which milk must be consumed in the state in which it is produced!

This situation is only comprehensible if you understand that the USDA is a “captive agency” of the industry that it is supposed to regulate, similar to the relationship between the FDA and its clients, Big Pharma. Most of the top executives in the USDA come straight out of the cattle industry, and return to lucrative jobs in that industry after their stint in the USDA where they make regulatory rulings favorable to cattlemen, instead of protecting the consumers who pay their salary.

“Rense.com” published a list of the average pus content for milk from each of the United States. You can check it at <http://www.rense.com/general51/pus.htm>.

So you ask, “But what should my children drink for good health and a strong body?” The answer, too, may be surprising. Freshly pressed carrot juice from organic carrots contains adequate protein, minerals and necessary nutrients to nourish the body better than milk was ever able to do. At the same time it builds up the immune system and helps the kids to avoid colds and flu. A little centrifugal juicer and some organic carrots will do the trick. And the kids will probably enjoy pressing their juice. Besides they like the taste!

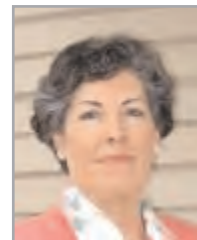


Meet the Gerson Institute Staff



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View a free ten-minute clip of portions of the documentary “Dying to Have Known” on the web at www.dyingtohaveknown.com.

Mutagens, carcinogens, flammables, petroleum products

What is Really in a Chicken McNugget?

by Charlotte Gerson

From the Internet website <http://www.corp-watch.org/article.php?id=11984> we should like to give you some additional warnings about Chicken McNuggets. We first published an item that appeared in the Personal Journal section of the *Wall Street Journal* of Tuesday March 18, 2003, with the frightening title of *Heart Disease Hits the Pre-School Set* (Newsletter Vol. 18, No. 3). The above article, by Michael Simon," lists the actual ingredients in McDonald's Chicken McNuggets. McDonald provides flyers titled "A Full Serving of Nutrition Facts: Choose the Best Meal for You." Much of the material is taken directly from *The Omnivore's Dilemma* by Michael Pollan.

Most parents assume that McNuggets are quite all right, since they are made from chicken. In fact, there is a little bit of chicken in them; but the chemical ingredi-

ents are unbelievable. There are 38 ingredients in a McNugget; many of them made from corn. Further down the list, if you continue to read, there are the mono, di- and triglycerides, the emulsifiers that keep the fats and the water from separating. More corn flour is used to make the batter, and the hydrogenated oil in which the nuggets are fried can come from soybeans, canola or cotton-seed, depending on the market price.

It gets worse: a number of the ingredients come from petroleum products, to keep the items from spoiling or 'looking strange' after months in the freezer or on the road. If you are truly worried, look up these ingredients: sodium aluminum phosphate; mono-calcium phosphate, sodium acid pyrophosphate, and calcium lactate. These are used to keep the animal and vegetable fats from turning rancid. Then there

are "anti-foaming" agents like dimethylpolysiloxene. According to the *Handbook of Food Additives*, this material is a suspected carcinogen and an established mutagen, tumorigen, and reproductive effector [causes something to happen]. It's also flammable.

The most alarming ingredient in Chicken McNuggets is "tertiary butylhydroquinone," or TBHQ, derived from petroleum. This is sprayed directly on the nugget or the inside of the box it comes in to "help preserve freshness." Again, according to *A Consumer's Dictionary of Food Additives*, TBHQ is a form of butane (lighter fluid) the FDA allows processors to use sparingly in our food. It can comprise no more than 0.02 percent of the oil in a nugget. Which is probably just as well, considering that ingesting a single gram of TBHQ can cause "nausea, vomiting, ringing in the ears, delirium, a sense of suffocation, and collapse." Ingesting five grams can be fatal.

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Honorary Directors ...

continued from page 4

been used as both college textbook and reference work for health practitioners. In Brazil, a number of rainforest Indian tribes are now megadosing with vitamin C due to his guidance. The result is that these natives' miscarriage and infant mortality rates have plummeted. His 2003 book, *Doctor Yourself: Natural Healing that Works*, is in its fourth printing.



Dr. Harold Foster

<http://www.hdfoster.com>

Dr. Foster has been a faculty member in the Department of Geography, University of Victoria, since 1967. A tenured professor, he has authored or edited some 235 publications, the majority of which focus on reducing disaster losses or identifying the causes of chronic disease. More recently he has begun to write on longevity. His numerous books include *What Really Causes AIDS*, Trafford Publishing, Victoria, *What Really Causes Schizophrenia*, Trafford Publishing, Victoria, and *Reducing Cancer Mortality: A Geographical Perspective*, Western Geographical Press: Victoria.

He is a member of The Explorers Club and numerous academic organizations including The New York Academy of Sciences, The Royal Geographical Society and The Royal Society of Literature. He is also the editor of both the International and Canadian Western Geographical Series and is a member of the boards of the *Journal of Orthomolecular Medicine* and the International Schizophrenia Foundation. He has been a consultant to numerous organizations, including the United Nations, NATO and the governments of Canada, Ontario, and British Columbia. He is also a member of the Science Advisory Panel for the Healthy Water Association and the British Charitable Foundation Health Empowerment Through Nutrition (HETN).



Dr. Carolyn Dean, MD, ND

www.carolyndeandean.com

Dr. Dean has been in the forefront of health issues for 28 years always championing nutrition as the basic foundation of healing. She graduated from medical school in 1978, holds a medical license in California, and is a graduate of the Ontario Naturopathic College and former board member of the Canadian College of Naturopathic Medicine. Dr. Dean has authored or coauthored twelve books, including *The Magnesium Miracle*, *The Yeast Connection*, *Death by Modern Medicine* and *Women's Health*, and *Hormone Balance*.

Dr. Dean has appeared in several documentaries including "Dying to Have Known" by Stephen Kroschel, which focused on the healing work of Dr. Max Gerson. In her Telephone Wellness Consulting practice, Dr. Dean assists individuals with all types of illness at any stage or degree of severity. She specializes in managing or healing often misdiagnosed and chronic conditions such as digestive problems, hormone imbalance, recurring infection, irritable bowel syndrome, widespread inflammation, allergies, anxiety, fibromyalgia, mood swings, chronic fatigue syndrome, fluid retention, lost vitality, ADHD, autism and many other conditions that often remain unresolved. Her consulting phone line is 718-885-1104.



A Trip to Toronto for

Dr. Hoffer's 90th B'day

by Howard Straus, Editor

In April, we traveled to Toronto, Canada for a very special occasion. In close conjunction with the 2007 Hall of Fame awards of the International Society of Orthomolecular Medicine, a celebration was held for the 90th birthday of ISOM co-founder (with Nobel Laureate Linus Pauling) and international icon of holistic healing, Dr. Abram Hoffer.

Dr. Hoffer has had a long, distinguished and highly productive career as a psychia-

trist in Canada, and, like all physicians who eschew toxic pharmaceuticals in favor of exploring deficiencies and human needs to help patients, he has had more than his share of attackers. For years, he was acknowledged as one of Canada's most brilliant research psychiatrists, until he started doing research on vitamin and mineral supplementation, and actually began helping patients recover from their ailments. Then, overnight, he became a "total nut case" and "quack" in the eyes of his colleagues.

It is to Dr. Hoffer's immense credit that he persisted in the face of his critics, and built up a following of dedicated physicians and scientists, not to mention many patients who were helped over the years to regain their lives and their mental stability through his inspired research and treatment.

One of those former patients was present to Emcee the event. Actress Margot Kidder, whom many of you will remember as Lois Lane in the movie *Superman*, had a highly public mental meltdown a dozen years or so ago. After years of conventional treatment with psychoactive pharmaceuticals failed to help her regain her mental stability, she turned to Dr. Hoffer for help. Using his techniques of supplementation and nutrition, Ms. Kidder completely regained her mental stability *without* further drug intervention. Ms. Kidder now lectures around the United States and Canada helping patients with psychiatric disorders holistically.

Many prominent Canadian and foreign health care professionals were there to honor this dedicated scientist. We sat at a table with the Hon. Monte Kwinter, one of the most powerful Ministers of the Canadian Government, and with a representative of the Mayor of Toronto, both of whom brought honoring words from their respective national and municipal governments. The United States still has far to go before they catch up with Canada in recognizing the dedicated healers and scientists who refuse to toe the profit-oriented pharmaceutical line, and instead scientifically seek the truth, wherever it may lead.

Happy Birthday, Abram! May you enjoy many more years of honor and satisfaction from your compassionate work!



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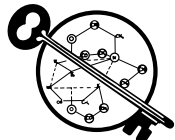
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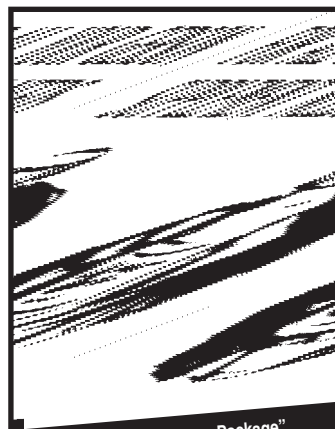


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All information was accurate at press time. We suggest you call the

Date & Time	Event	Location	Speaker	Contact Information
Sat., Jul. 7 and Sat., Aug. 4, 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, go to the Gerson Institute website, www.gerson.org , during the broadcast, and click on the "Don't Panic It's Organic" rectangle. To call in to the show, call (310) 457-0138.
Fri., Jul. 20 to Sun., Jul. 22, 2007	Gerson Therapy Caregiver Training	San Diego, CA	Charlotte Gerson, Carol Beard, Dr. Kayla Smith.	Barbara Conde, The Gerson Institute, Tel: (619) 685-5353. email: bconde@gerson.org . Please call or email for prices, availability and reservations.
Mon., Aug. 13 to Sun., Aug. 19, 2007	Weeklong Residential Wellness Program	Charlotte Gerson Health Restoration Center, San Diego, CA	Kayla Smith, ND, Carol Beard, Charlotte Gerson	Please contact Kayla Smith, ND for price and availability. email: ksmith@gerson.org . Tel: (619) 685-5353
Sat., Sep. 1 to Mon., Sep. 3, 2007	35th Annual Cancer Control Society Convention	Sheraton Universal Hotel, Universal City, California. Gerson Institute at Booth #10	Charlotte Gerson will speak at 11:45am Saturday.	Cancer Control Society, 2043 N. Berendo St. Los Angeles, CA 90027. Tel: (323) 663-7801. Admission: \$35/day, \$10/day exhibits only. Website: http://cancercontrolsociety.com/meeting2007.htm
Mon., Oct. 15, 2007 7:00pm	"Dying to Have Known" will be shown	1st Congregational Church of San Jose, 1980 Hamilton Ave., San Jose, CA	Howard Straus will host a Q&A after the presentation.	Contact IACVF Northern California Chapter, PO Box 18875, San Jose, CA 95158. Tel.: (408) 978-3931
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.aaem.com .

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