

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

Chemical Soup Results in Pre-school Puberty

by Charlotte Gerson

Dr. Mercola's health-oriented website quotes "Preschool Puberty, and a Search for the Causes," a New York Times article of Oct. 17, 2006 by Darshak M. Sanghavi.

It is becoming increasingly common for young children, even 5- and 6-year-olds, to go through precocious puberty (aka early sexual development). In the introduction of this report, Dr. Mercola even states that studies have found girls as young as two years old entering puberty!

[I believe one of the main causes for this problem stems from environmental exposure to a whole slew of endocrine disrupting chemicals, largely agricultural pesticides, fungicides, etc. — C. Gerson]

These man-made chemicals affect your hormones, which control development and function in your body. They can cause harm in the development of fetuses and children, who are particularly sensitive to the chemicals because they have not yet developed the protective mechanism present in adult bodies. If you think you and your children are not exposed to endocrine disrupters, think again. They are commonly found in many household

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Fast Response to Seven Years of Fibromyalgia

by Denae Hyde, Gerson Institute Chef

At the age of 16, I felt as if I were 90. I went from being a gymnast, musician, and honor student, to a lethargic medical mess. After a week-long hospital stay for an abscessed tonsil, I did not feel well again for seven years. I began to ache and drag, always waiting to regain the corporal vigor I once enjoyed. After frequent complaints to my mother of how my body felt sore, achy, tired, and weak, she took me to see our family doctor. He referred me to a pediatric rheumatologist at Loma Linda Children's Hospital in Loma Linda, California.

I remember being quite optimistic and confident that the doctors there would be able to help me relieve my pain. I showed them where it hurt and explained what it felt like. I was tested for various diseases and a diagnosis was given. What causes this fibromyalgia, and how do I get rid of it? These are the obvious next questions after

one is diagnosed with any illness.

My trusted physician explained that this was a "new" condition, that it was unusual but not unheard of in a person of my age, and that there was intense research being done, but there is no cure. He said I could grow out of it, that it was not a degenerative

disease, some get better, some get worse. I was crushed by the thought of trudging through life in pain, pretending as if all was well. It became necessary to pretend I felt better than I did. I couldn't bear to watch my mother cry anymore because she felt so helpless. She felt my pain as did the rest of my family.

When was this nightmare going to end? I don't remember the first drug I was prescribed, or the fifth, I do remember the last. My appointments consisted of a few questions about how I was feeling, and if the prescribed

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Denae Hyde, Gerson Chef

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Denae's Story ...

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medication was doing the trick. The answer was always no and the treatment was adjusted accordingly. Different drug or different doses, I was allowed to choose. I chose to stop taking liver-toxic, mind-numbing drugs.

This decision was made after I got into the car in my pink fuzzy slippers, was driving around, not knowing where or why I was going. I was taking Elavil®, an antidepressant. Antidepressants in certain doses are often given to patients suffering from fibromyalgia. After I informed Dr. Roberts that I would no longer be testing out any more chemical concoctions, he told me I was depressed. I began to cry in the doctor's office and he asked my mother to leave the room. He asked if there was something I wanted to say in confidence to him, I did.

I told him I was not depressed, I was just in constant pain. I was always tired and sluggish. I was having to literally roll out of bed and drag myself to school, aching and miserable. What can I do?! If you cannot help me, then who can?!

I left that day frustrated and longing for answers. That doctor never once asked about what I was eating or what my bowel movements were like. I knew it would be my responsibility to take my health into my own hands, stomach, and every other part I owned. I decided to experiment on myself and pay close attention to what I ate and how I felt afterwards. I vowed to finish

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.

Give your friends and loved ones the gift of health that keeps giving all year! What better way to care for them than a gift subscription to the Gerson Healing Newsletter?

medical school, my lifelong dream, and find a cure for the ever-present fibromyalgia. I eliminated fast food and soda initially. I did feel better, but still not well.

After trudging through college and work, in agony for seven years, I was able to heal thanks to Dr. Max Gerson. My older sister called one day to ask if I needed a job. The timing was perfect, I did need a job, and Gerson. All I knew at first about my sister's job was that she made juice for some guy. A whole new world of living fresh, organic, nutritious foods came to my attention. The kitchen was regarded as the nurse's station, and the food as medicine. My boss Tim encouraged me to drink juice, eat the living food, and even sent me on my maiden voyage to the "healing room" also known as the bathroom with coffee. The almost immediate change in my physical health when I started doing "coffee breaks" was astounding. For the first time, I had no pain. After seven years of feeling awful, this was a foreign concept. My skin which had become riddled with acne, began to clear. Even the old scars started to fade. My mental clarity, energy, and mood returned.

There was and is a cure for fibromyalgia and almost every other chronic degenerative disease. As an individual who has always

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been fascinated with the human body's infinitely intricate inner workings, I am forever grateful to Dr. Max Gerson for his genius and courage. I am forever grateful to Charlotte and all others who perpetuate his message. The basic components of all things are essentially the same. Electrically charged atoms bump into one another, combining, repelling, and making up not only our bodies, but every other substance in the entire universe. The body is constructed from the simplest of elements, and arranged into endlessly complex systems that must be nurtured and not just fed. Each individual must claim responsibility for his/her own construction or demise.

I am just one living example of the potent effectiveness of respecting the intimate relationship between our internal and external metabolism. Organic juice, food, and coffee enemas saved my life. I am so happy to be alive.

GERSON® HEALING NEWSLETTER

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FALL ENERGY, GERSON'S WISDOM, NEW STAFF

The crisp, golden autumn air has energized our work more than ever, if that is possible. Two weeks prior to our Oct 26-28 Caregiver Course, we have double the number of registrants of our previous group. Our book orders have doubled, requests for brochures and information about clinic admissions have increased significantly, and new ideas and creative projects are ripening. Our membership numbers and subscribers to our free monthly e-bulletin are increasing steadily, our monthly Wellness Center sessions have been filled to capacity, emails from those doing the therapy at home and in need of support are coming from a wider range of countries, amazing stories of courage and recovery strengthen us and in this, the season of the harvest, we find our hearts steeped in gratitude.

Dr. Kayla Smith, our Medical Director, from time to time reminds me of how poetically Dr. Gerson wrote about some things. He talks about returning the body

to its state of "silent perfection". Is there not deep wisdom to those simple words? Or he encourages family members who are caring for a loved one to commit to this "humanitarian work with deep devotion". Think about it, 12 hours a day in a kitchen, symbolic of the hearth of earlier times, lovingly preparing live food, the medicine of the future, based upon the wisdom of the ancients ... yes, it is the essence of humanitarian work. He goes on to say that "the humanitarian purpose of providing nutrition for their families and future generations as natural and unrefined as possible" is a cause for which we must unite.

Since our last *Newsletter*, we have said good-bye to Diane Ake, Resource Development Specialist, who served for two plus most productive, creative years. She has accepted a position in research with a local health service. We miss her and give her our best wishes for continued success. We welcome Adam Huntington to that position. He was born and raised in San Diego

and attended college in Los Angeles at the University of Southern California. He has four years of experience raising money for non-profits. He has also worked in the corporate sector for media moguls like MTV, the municipal sector for the City of San Diego and the private sector for various entrepreneurs, and the non-profit sector which is his favorite. We are very happy to welcome him to our Gerson team who he describes as being "the most amazing people I have ever worked with in my life". We are very fortunate to have Adam's range of talents and admirable qualities to enrich this work. He has a long-term vision for Gerson founded on strategy, planning, grass-roots empowerment, use of state-of-the-art technology blended with high intentions, a great heart, the ability to energize people, and razor sharp intelligence.

Have a wonderful harvest and holiday season,

- Anita

Gerson Miracle on YouTube

by Adam Huntington, Resource Spec.

My name is Adam Huntington and I am doing my best to fill Diane Ake's shoes as Resource Development Specialist. We are proud to announce that we have uploaded The Gerson Miracle to YouTube. You can find it by going to the YouTube website and typing in GersonTherapy. For the past 50 years, information has been exclusively controlled by television and the companies that promote their products via the public television airwaves.

Fortunately for those who are tired of hearing the corporate agenda, there is a new sheriff in town...YouTube! YouTube is a great tool for exchanging information with people all over the globe. In addition, YouTube contains television shows (without commercials), documentaries, and pretty much everything that has been on TV or videotaped.

We have received a tremendous outpouring of thanks and gratitude for joining this online global community and we look forward to getting the truth out there by all means possible in the 21st Century!

Pre-School Puberty ...

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products and cosmetics, including

- Bovine growth hormone residues commonly found in commercial dairy products
- Soy foods, which are loaded with hormone-like substances
- Bisphenol A, used in many plastics including baby bottles, food storage containers and the lining of soda cans
- Perfluorooctanoic acid (PFOA)—better known as Teflon

We focus with special emphasis on soy. As many of our readers have seen, soy is present in virtually every processed food, and Americans are eating it in unprecedented quantities in foods like soy milk, soy burgers, and soy ice cream.

Meanwhile, some misinformed moms are still feeding their vulnerable babies soy infant formula, which exposes their [tiny] baby to the equivalent of *five birth control pills' worth of estrogen every day*. For the same reason, it is also important for pregnant women to avoid eating soy; as a high estrogenic environment *in utero* may increase their child's subsequent breast cancer risk.

As the end of the year approaches, now would be a good time to consider a tax-deductible donation to the Gerson Institute to keep our life-giving work alive and thriving for future generations.

British Food Standards Agency Study finds:

Some Food Additives Raise Hyperactivity

by Elisabeth Rosenthal

Published: September 6, 2007

Common food additives and colorings can increase hyperactive behavior in a broad range of children, a study being released today found.

It was the first time researchers conclusively and scientifically confirmed a link that had long been suspected by many parents. Numerous support groups for attention deficit hyperactivity disorder have for years recommended removing such ingredients from diets, although experts have continued to debate the evidence.

But the new, carefully controlled study shows that some artificial additives increase hyperactivity and decrease attention span in a wide range of children, not just those for whom overactivity has been diagnosed as a learning problem.

The new research, which was financed by Britain's Food Standards Agency and published online by the British medical journal *The Lancet*, presents regulators with a number of issues: Should foods containing preservatives and artificial colors carry warning labels? Should some additives be prohibited entirely? Should school cafeterias remove foods with additives?

After all, the researchers note that overactivity makes learning more difficult for children.

"A mix of additives commonly found in children's foods increases the mean level of hyperactivity," wrote the researchers, led by Jim Stevenson, a professor of psychology at the University of Southampton. "The finding

lends strong support for the case that food additives exacerbate hyperactive behaviors (inattention, impulsivity and overactivity) at least into middle childhood."

In response to the study, the Food Standards Agency advised parents to monitor their children's activity and, if they noted a marked change with food containing additives, to adjust their diets accordingly, eliminating artificial colors and preservatives.

But Professor Stevenson said it was premature to go further. "We've set up an issue that needs more exploration," he said in a telephone interview.

In response to the study, some pediatricians cautioned that a diet without artificial colors and preservatives might cause other problems for children.

"Even if it shows some increase in hyperactivity, is it clinically significant and does it impact the child's life?" said Dr. Thomas Spencer, a specialist in Pediatric Psychopharmacology at Massachusetts General Hospital.

"Is it powerful enough that you want to ostracize your kid? It is very socially impacting if children can't eat the things that their friends do."

Still, Dr. Spencer called the advice of the British food agency "sensible," noting that some children may be "supersensitive to additives" just as some people are more sensitive to caffeine.

The Lancet study focused on a variety of food colorings and on sodium benzoate, a common preservative. The researchers note

that removing this preservative from food could cause problems in itself by increasing spoilage. In the six-week trial, researchers gave a randomly selected group of several hundred three-year-olds and of eight- and nine-year-olds drinks with additives—colors and sodium benzoate—that mimicked the mix in children's drinks that are commercially available. The dose of additives consumed was equivalent to that in one or two servings of candy a day, the researchers said. Their diet was otherwise controlled to avoid other sources of the additives.

A control group was given an additive-free placebo drink that looked and tasted the same.

All of the children were evaluated for inattention and hyperactivity by parents, teachers (for school-age children) and through a computer test. Neither the researchers nor the subject knew which drink any of the children had consumed.

The researchers discovered that children in both age groups were significantly more hyperactive and that they had shorter attention spans if they had consumed the drink containing the additives. The study did not try to link specific consumption with specific behaviors. The study's authors noted that other research suggested that the hyperactivity could increase in as little as an hour after artificial additives were consumed.

The Lancet study could not determine which of the additives caused the poor performances because all the children received a mix. "This was a very complicated study, and it will take an even more complicated study to figure out which components caused the effect," Professor Stevenson said.



Salt and Pesticides —

Did You Know?

by Charlotte Gerson

Dr. Gerson became aware very early on that salt was seriously interfering with health. It was part of the problem with his migraine headaches. His "migraine treatment," already used in the 1920's included the prohibition of salt.

In *Dr. Julian Whitaker's Wellness Program*, we read the following:

"Every cell in your body requires sodium, but the amount that occurs naturally in food is, in most cases, all you need. Unfortunately, this accounts for only five percent of our salt intake. We also use salt as a condiment (five percent of our intake), add it to food during cooking (45 percent of intake), and consume processed foods that contain high levels of sodium (another 45

percent of intake).

"Sodium in processed foods is especially insidious because much of it is in foods where you'd least expect to find it — cereals, cookies, and 'healthy' items such as low-fat soups, which often don't taste salty. In fact, you may be surprised to learn that a serving of corn flakes contains more sodium than a serving of cocktail peanuts. Chocolate pudding has even more." ... *Chocolate pudding?!*

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90—And Healing Again

by Charlotte Gerson

Susan Hacker, born in October 1917, has had a most interesting life. She left home at age 18, lived for years in China. However, at her mother's urging, she would come home to the States every other year to check on her health. Sure enough, in her early thirties, she contracted infectious hepatitis in Shanghai, a problem that all her co-workers also experienced. She became quite ill, had a fever of 105°, and was taken to a hospital. There it was found that along with her hepatitis, she was also suffering from paratyphoid fever! She remained in the hospital and, per doctors' order, rested at home for six more weeks.

During one of her bi-annual visits home, she visited a gynecologist who noted 'a small tumor' in her uterus. He felt it was too small to risk surgery, so she returned two years later. By that time, she could feel her tumor. It was removed and proved to be a benign growth in her uterus. However, in the course of her treatments, it was determined that she was also suffering from endometriosis.

While she had always been 'regular' as far as her bowel habits were concerned, after the above surgery, she was permanently constipated. It didn't worry her too much even though she had bowel movements only every three or four days! She didn't do anything about it in spite of the fact that it caused her hemorrhoids—along with other discomforts.

After Susan married, the couple settled in Hawaii, where they lived for many years. In 1978, she discovered a tumor in her breast. Surgery showed an infiltrating intraductal carcinoma. The surgeon performed a radical mastectomy on her left side and even removed some of the muscles in her upper back! This later caused her pain in her back and rib muscles. When he proceeded after the surgery to schedule a mammogram and an MRI, then examined her other breast, she asked why. He warned her that her kind of cancer would spread!

She swore never to go back to that surgeon. Two weeks later, just 'by accident', she ran across a flyer advertising a lecture to be given in her area about the Gerson Therapy. That approach sounded logical and right for her—so two weeks later, in May, 1978 she started the Gerson Therapy in Mexico.

Susan's constipation and hemorrhoids immediately cleared, and she felt better after the enemas. She had been worried about those because of bad experiences with enemas in her childhood. Returning home to Hawaii, she found it really difficult to obtain organic food locally. It became still more difficult when a young man, who had been providing the needed produce, stopped distributing those items. At that time, about 20 months into the Gerson Therapy, continuing it was almost impossible.

Meantime her husband had joined her in eating the same "Gerson food". His heart was strengthened, but his basal cell lesion did not clear. He heard about a 'needle' treatment in Mexico and tried it. There he contacted a serious infection, and in 1989 he was diagnosed with a strep infection in two heart valves. He had surgery at Stanford for heart valve replacement. For a while he was all right, but then one of the new valves failed and he had further strep infections. His cardiologist discovered heart fibrillation and prescribed coumadin. He took this drug for about nine months even though it did not stabilize his heart. Then he had a brain hemorrhage, his heart failed in 2001 and he died. Susan heard the neurosurgeon in the ICU at the hospital say that "it was the coumadin"!

Susan had cataract surgery in 2004. The day after the second eye was operated, she had a pulse of 120. Another physician prescribed "drips" while she was in the hospital. [She doesn't know what these contained.] However she had regularly had heart fibrillation for many years. After five days on the 'drips', she went home, feeling terrible, and returned to the emergency

room where she was told she had been overdosed. However, she still continued the prescribed drugs, *including coumadin*, which she didn't trust due to her husband's experience.

In 2005 Susan broke her hip. However, since she was on coumadin (blood thinner) surgery had to be delayed for five days while the coumadin was discontinued. She was told that during the ensuing surgery, she had congestive heart failure—since it took so much longer than usual for this procedure. This was followed by five days in the hospital, then three weeks of rehabilitation.

Susan describes that experience as terrible. Conditions were poor, and there was only one nurse for all the patients. Also, during the entire three weeks, she didn't once move her bowel! Suppositories didn't work. She then decided to go home, even though she was told that she wasn't ready to be released. She called a nurse friend who demanded that the doctors release her, and was able to take her home. It took a while to clear her bowel, but she managed with the help of coffee enemas. Nevertheless, her cardiologist frightened her into continuing to take coumadin and other drugs, or else she "might have a stroke." She felt she was being overdosed, cut the amounts in half, which helped. Still, she felt terrible, had almost constant nausea, was weak and, what bothered her most, she was feeling "hopeless, like she was going down the drain."

Finally, in September of 2007, she went back to the "less intensive Therapy," cut out **all** the drugs, took juices, etc., and after only three weeks, felt vastly improved! All her pain from old injuries and other disturbances are gone; her ankles that had been swollen for years are almost back to normal; she has much better energy, and most importantly, her hopelessness is gone and she is able to function, take care of her business and enjoy life again. On October 17th, Susan celebrated her 90th birthday, celebrating in much better health and spirits.

Susan Hacker appeared in Steve Kroschel's documentary, Dying to Have Known, in 2006. —Ed

Falsehoods About the Gerson Therapy

by Charlotte Gerson

Dr. Max Gerson's startlingly new ideas and methods did not fit into the allopathic medical system. He wrote a number of articles on his work and on patient outcomes and submitted them to several medical journals. All were refused with various excuses. Subsequently, patients who inquired about Gerson at the American Medical Association (AMA) were told that his method was "secret," as he "refused to publish."

Wanting to ensure the continuation of his work, Dr. Gerson was anxious to train other doctors and/or assistants in the practice of his Therapy. On several occasions young medical doctors, not yet established in their practice, would approach Gerson and ask to be accepted as assistants to learn the treatment. Always ready to pass on his experience to a keen young colleague, he accepted such offers.


The 'assistanceship' never lasted more than four or five days. After that, the young doctor would, in embarrassment, explain to Dr. Gerson that he had received serious threats, should he continue to work with Gerson, he would be banned from hospital associations, no other doctors would send him patients and he would be unable to practice. With a great deal of debt on his shoulders from his medical schooling, the young doctor could not afford to be forced into such a situation and, sadly, had to give up working with Dr. Gerson. (Similar situa-

tions occur these days, too, when a not yet sufficiently established doctor wishes to visit the Mexican Gerson clinic, to study the Therapy, and it is explained to him by his superiors that such a move would jeopardize his career development. This explains why there are so few doctors trained in the Gerson protocol.)

Some years ago we received some amazing information from a well-known health writer and publicist in New York. He was collecting material for his work and wanted to publish Dr. Gerson's testimony, given in 1946 before a congressional committee, under the sponsorship of Senator Claude Pepper. The researcher traveled to Washington D.C. to look for the report of the testimony in the Congressional Record, which, as an official U.S. Government document, is not supposed to be altered or tampered with. He knew that the testimony took up several pages, including Dr. Gerson's answers to a number of questions about his work, and his presentation of five recovered patients who had originally been sent home to die of terminal cancer. The researcher inspected the Congressional Record and found only an empty space under the date where the testimony should have appeared. Against every rule it had been removed without explanation.

One year, driving South for a short vacation with my husband, Irwin, we stopped by

Washington, DC, to see the Chief of the Cancer Section of the National Institutes of Health and show him several cases of recovered cancer patients, complete with biopsies and lab work. Dr. Kaiser was surprisingly still at his desk late Friday afternoon in spite of the upcoming week-end and we had an interview with him. He looked at the reports, biopsies and x-rays and then made an amazing statement. "Some of these German doctors come over here and want to make a splash—so they cure cancer!" (Actually, this was an admission that he could see that cancer cases were cured.) But, he added, "in order to do further research, we need at least 25 cases." He surely assumed that Dr. Gerson had no such number of cured cases. However, we duly reported the requirement to Gerson who proceeded to select 25 well-documented cases, and presented them to the National Institutes of Health. Then he waited, three months, six months, but he received no response, not even an acknowledgement that the material had been received.

Finally after nine months, Dr. Gerson inquired from the Board about his submission. Again months passed, but he was finally informed that the Review Board now needed 125 cases! Even though he had enough material on hand; it now became quite clear that they didn't want to take any positive action, no matter how many cases he showed. So he demurred, did not submit any additional records. Thereupon, to this day, any person who inquires about Dr. Gerson's work is told, "He was asked to submit recovered case material for further study and research but refused to do so." 

Salt, Pesticides ...

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Pesticides

In the February 28th edition of the *San Diego Union Tribune*, Ed Blonz, Ph.D., a nutritional scientist based in Northern California, answers a reader's question about safety concerns with fruit and vegetables.

He opens his comments with a wise statement: "It is important to say up front that the risk of not having fruit and vegetables is much greater than the risk of eating them." While he gives the alternative of eat-

ing organic produce, he quotes the U.S. Department of Agriculture's report that 40 billion pounds of commercial [artificial] fertilizer is used in the United States annually. Much worse, 900 million pounds of pesticides are used annually to control weeds, insects, diseases, and other pests. These products are manufactured from petroleum,

which helps explain why farming uses more oil than any other single industry.

Ed Blonz is not as upset about the reason for some of this huge consumption: "America's preoccupation with perfect-looking produce is one factor for the high demand for pesticides," he continues. The Public Voice and another agency, the American Farm Bureau Federation found that, in some cases, more than half the pesticides are used for purely cosmetic reasons (!) in order to prevent blemishes that have nothing to do with the wholesomeness of the fruit. 

Watch a 10-minute trailer for Dying to Have Known on www.dyingtohaveknown.com

Kim Cuddeback's

Recovery from Bowel Cancer

by Charlotte Gerson

Kim [Cuddeback] was a hard-working "Type A" personality, a 'workaholic' as well as a major athlete. She was 29 years old when in May of 1993 she realized that for the past ten days she had not moved her bowel. When she finally had a movement, it passed with very severe bleeding. She seemed to pass more blood than bowel.

She reported to the local hospital, the Seattle Swedish Medical Center, where she had numerous -ostomies, plus, of course, a colonoscopy. At the end of the various diagnostic procedures, she was told that she had stage four rectal cancer. Because of her young years, the surgeon didn't want to give her a colostomy. Instead he removed her entire rectum and "stapled" her sigmoid colon directly to her anus. He called it a 'lower resection'. This surgery took place in August of 1993.

Her doctors urged her to follow up the surgery with chemotherapy as well as radiation—especially in view of the fact that four of the five lymph nodes surgeon Dr. Steven Medwell had removed were positive for malignancy. Kim read voluminously and in view of all the information she found, she declined the suggested follow-up treatments. She remembered that her mother had suffered from ovarian cancer that had spread to her bladder. She was treated with radiation and chemotherapy but passed away. Kim felt that her mother actually died of the

chemo, not of her cancer. The surgeon's claim that he "got it all" was misleading, in light of the four positive lymph nodes. Kim decided to do the Gerson Therapy rather than the chemo and radiation.

Kim entered the Mexican Gerson hospital in January of 1994.

Three months after she started the Gerson Therapy the lymph nodes were no longer palpable. Three years after she started the treatment she came to several surprising conclusions.

We have regularly found that patients who recover had that same attitude: "What's the best I can do for my sick body?" Not "What can I get away with?"

At first Kim felt that she had lost some of her friends due to her rigorous diet, but quickly realized that she hadn't really lost friends; the people who had dropped her because they could no longer count on her to go out or have a drink were not really friends. Then she came to another realization: her personality

had changed from being 'driven' and hyperactive to experiencing an amazing peace. She had undergone a profound psychological change after just one year on the treatment.

Kim makes one more important point: she stayed very strictly on the treatment, made no changes and allowed herself no extras. We have regularly found that patients who recover had that same attitude: "What's the best I can do for my sick body? Not "What can I get away with?"

From Medical Journals

Chemo Infusion; Adolescent Drug Treatment

by Charlotte Gerson

Infusing Chemo Drugs in Colorectal Cancer

In the Aug. 19, 2007, *Journal of the American Medical Association (JAMA)*, there was a rather short article taken from the *Lancet*, a highly respected British medical journal. This is of special interest because of the report by Prof. Dr. Hoshino (of the Fukushima Medical School in Japan) published in our last *Newsletter*, Vol. 13, No. 5. As you will recall, Prof. Hoshino suffered from colon cancer with liver metastases and treated himself with the Gerson Therapy (**no** chemotherapy). Now, after almost six years, he is not only fully recovered but has helped 12 patients to recover on the Gerson Therapy. He wrote a book (in Japanese) describing his recovery, therapy and the 12 additional treated cases.

The *Lancet* article describes the intravenous infusions, into the portal vein, of chemotherapy (5FU plus heparin) after surgery for colon cancer. 616 patients received the chemotherapy while 619 patients were used as controls (did not receive chemo). The results were: 164 (26%) of the control group and 173 (28%) of the treated group died. There is no statement as to the time elapsed from the start of the experiment until death.

Survival at five years did not differ significantly among the two groups (73% vs. 72%). The number of patients with liver metastases also did not differ significantly (79% vs. 77%).

The interesting point is the

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Dogs and their Humans prefer— Organics!

by Charlotte Gerson

In the October 8th issue of *Newsweek* magazine, there is a remarkable story of "natural and organic foods" for pets! According to the market-research company Packaged

Foods, U.S. retail sales of natural pet products are expected to reach \$1.3 billion this year, up from \$558 million in 2003. Natural pet products include such items as all natural organic food and a biodegradable box to scoop up waste to keep from using plastic bags that wind up in landfills. Leashes are to be made from earth-friendly hemp.

Trey Granger of "pets911.com" who,

with a national database helps to reunite missing pets with their owners, preaches "Choose natural and organic food products that meet nutritional requirements—for your pets." Funny, that's exactly what we have been urging for some 50 years for *people* to improve their health!

There is even an all natural dog shampoo that was first tested on humans.

The Genetic Risk Factor

by Charlotte Gerson

In their June 18, 2007 issue, *Forbes* Magazine presented a long article by Mathew Herper and Robert Langreth titled *Medical Technology*. The sub-title read "Will you get cancer?"

The article starts by recounting the story of a woman whose mother had been diagnosed with breast cancer at age 37 (and survived) and who, herself, was terrified of developing the same disease. She had three-monthly mammograms, and finally found out about the new technology of finding a severe 'risk factor,' namely of having the breast cancer gene. When in 2003 her mother was found to have 'the breast cancer gene,' she had herself tested as well. She tested positive, and had both her breasts as well as her ovaries

removed—then felt relieved.

In November of 2005, we wrote up an early report that appeared on the subject of "genetic predisposition" to breast cancer. It read, "Researchers have even found a specific gene that is supposedly responsible for causing breast cancer." They then urged women to undergo "preventive" double mastectomies, because they felt that if these specific women showed up with the "breast cancer gene," their chances of developing this form of cancer were close to 75%. When some 900 such operations had been performed, it was found that the effect would only be good for a probable life extension of three years! Not only that, but in a July, 2000 issue of the prestigious *New*

England Journal of Medicine, extensive studies involving some 40,000 sets of identical and another 40,000 sets of fraternal twins, were unable to show a genetic connection for the incidence of breast cancer. Their conclusion was that breast cancer was caused largely by environmental and lifestyle factors."

At this time, according to *Forbes*, the technology of genetic research has made huge strides and it reports that "The breast cancer gene test generates sales of \$100 million a year for one company, Myriad Genetics, which has apparently sold it to some 150,000 women. Further, sales are growing at the rate of 40% a year. Not only that, but an additional "wave of hundreds of new DNA diagnostic tests are being developed that will overrun medicine in the next five to ten years." Naturally a number of other biotech companies are joining in this enormous financial windfall. "Francis

continued on page 9

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Genetic Risk ...

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Collins who heads the gene hunting effort at the National Institutes of Health," states *Forbes*, "predicts an avalanche of new disease gene findings in the next year." Dietrich Stephan at Transatlantic Genomics Research Institute, a Phoenix nonprofit that recently pin-pointed genes that affect human memory, feels that "Every geneticist is doing this right now. It is a gold rush."

It is important to note that finding the breast cancer (or any other disease) gene does not necessarily assure that the bearer will develop the disease. The researchers only state that the gene is a "risk factor." They have now identified a large number of additional disease genes that are connected to "risk factors," including diabetes, heart disease, prostate cancer, obesity. But they insist that there are certain disease genes they do not wish to find, such as one for "Lou Gehrig's disease," and Huntington's Chorea, because if they found it they would not have any cure for it! That seems to imply that for the other diseases, they have cures!

A Yale University geneticist Richard

Lifton, makes a statement that reveals some straight thinking: "The risk is that 20 years from now everyone gets tested and learns they have a 5% risk for developing 10 diseases and a 2% risk for 20 other diseases—and what we do is increase neurosis instead of improving health."

The authors also make one further important statement: "The set of genomes reveals little about how minute genetic variations among people can lead to common diseases. Such ills are caused by a complex stew of dozens of genes, as well as bad diet and other environmental factors, such as smoking."

In conclusion, we have to remember that the Gerson Therapy has been able to reverse cystic fibrosis, a disease considered "genetic," which did not appear as a risk factor but was already a fully developed disease. Further, since the gene tests only reveal a risk factor, it is easy enough, again with the right food and eliminating poisons from ones diet and environment, to considerably reduce the risk of disease—and even to reverse it after it has appeared!

Medical Journals ...

continued from page 7

'Interpretation': '5FU at the dose given cannot be recommended as the only adjuvant (in addition to surgery) treatment for colorectal cancer.'" The *Lancet* concludes that the results could be better if a higher dose is administered, in addition to possibly a second chemo drug: mitomycin. We have unfortunately seen what happens when one drug is not very effective and a higher dose is administered or a second drug is added. We are surprised that the medical community is still pushing in that direction.

Scarce Available Treatment for Drug Addiction in Adolescents

In the same issue of the *JAMA*, an article appears under the heading *Adolescents and Illicit Drug Use*. We are all painfully aware of this problem. However after the description by the *JAMA* authors, the heading under "Treatment" was of interest. As many of our readers know, we have seen some remarkable and rapid results in the treatment and clearing of drug addiction by the Gerson Therapy with minimal or no withdrawal symptoms. We were fortunate to be able to demonstrate one such recovered patient in the course of the Cancer Control Society Convention over the past Labor Day in Pasadena, California. While the Gerson Therapy seems to be able to deal with this problem quite readily, the *JAMA* authors write: "Once a drug use problem is identified, treatment resources for adolescents are alarmingly scarce. Substance abuse treatment of adolescents requires a broadened scope of services, including family interventions, mental health care, remedial education, vocational habilitation and community outreach."

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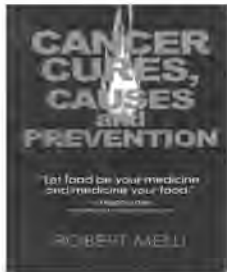
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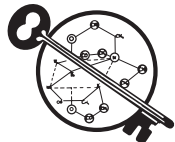


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Gerson Institute's toll-free number at (888) 4-GERSON for an updated schedule, or the Gerson Institute at (619) 685-5353 for more information. Advanced reservations are no longer available.

Date & Time	Event	Location	Speaker	Contact Information
Fri., Nov. 2, 2007 10:55am - 12:30pm	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 .
Sat., Nov. 3 and Sat., Dec. 1, 2007, 11:00am-12noon Pacific Time	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.
Mon., Nov. 19, 2007	Gerson Lecture at IACVF San Jose Chapter	1st Congregational Church of San Jose, 1980 Hamilton Ave., San Jose, CA	Howard Straus will speak on the Gerson Therapy and Charlotte's new book	Contact IACVF Northern California Chapter, PO Box 18875, San Jose, CA 95158. Tel.: (408) 978-3931
Mon.-Sun. Dec. 3-9, 2007 Jan. 14-20, 2008 Feb. 11-17, 2008	One week sessions at Charlotte Gerson Health Restoration Center	San Diego, CA	Charlotte Gerson, Dr. Kayla Smith.	Barbara Conde, The Gerson Institute, Tel: (619) 685-5353 x129. email: bconde@gerson.org . Please call for details, costs and availability.