



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

Food Irradiation

by Charlotte Gerson

It started last Fall. "It" is a propaganda campaign by Big Pharma, the huge factory farming companies and the food processing industry, generated by the fact that the public liked and wanted organically grown produce. They were losing market share, not to mention control of the only segment of the food industry that was growing at more than a "stagnation" rate. The organic business has been growing for ten years by a factor of about 17% per year, while regular, commercial agricultural sales grew at the rate of only 2-3% per year.

Big Pharma was also becoming concerned that people who purchase and eat organically grown food not only found it tastier, but started to feel better and be healthier. That cut increasingly into the drug profits of Big Pharma and threatened even greater losses in the future—an intolerable problem. So what to do about it? They had a plan.

Starting in September of '06, the first propaganda to brainwash the public was a report that organically grown tomatoes were found (by whom??) to be 'tainted' with *E.coli* bacteria and would make people sick. When that noise died down, a

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If she can do it ...

Lupita's Amazing Story

by Charlotte Gerson

Lupita is now 16. She lives outside of San Cristobal de las Casas, in a beautiful mountain valley in the state of Chiapas, Mexico, not far from Mexico's border with Guatemala. Her home is a bark shack with a dirt floor which she shares with 10 members of her family and two babies. They have no running water, no regular electricity.

In 2006, at the age of 15, Lupita was diagnosed with an ovarian teratoma (a congenital tumor containing one or more of three embryonic germ layers, occurring mainly in young women). Lupita had one surgery, followed by chemotherapy. Late that year, she had a recurrence and had a second surgery on January 23, 2007, again followed by chemotherapy. The latter surgery consisted of a total hysterectomy since malignant cells were present in the uterus.

Since she had already suffered a recurrence, her chance of survival was slim. Her family was befriended by a lady, Katharine Nigh (we call her Kippy,) who owns an

organic restaurant in town, Casa de Pan. The Gerson Institute, with Executive Director Anita Wilson's great big heart embracing the world, gave Kippy a full scholarship for a Gerson Caregiver course, even paid her round trip ticket to San Diego. She was given a loaned juicer and press to deliver to Lupita. A new kitchen wing was added

beside the bark shack; electricity was upgraded and now there is even a refrigerator to store the organic produce.

Because Lupita's family has a total monthly income of \$300.00, an MD from St. Louis who has been doing the Gerson Therapy for prostate cancer for about a year (is doing great) donated money to provide medical diagnostic tests. The Gerson Institute provides Gerson supplements and Kippy is a go-

between who helps by delivering the organic food. Institute Medical Director Kayla Smith provides consultations through Kippy.

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Lupita at home

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Lupita's Story ...

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Lupita started the Therapy in March of 2007 as best she could. By April she had a good juicer, medications and was doing the modified therapy for patients with a history of chemotherapy.

On June 28, 2007, she had a repeat CT scan, which showed no tumor regrowth. Her CBC was normal. She is feeling well and continues to do well.

Lupita's story shows that even a person with severe limitations, living conditions and deprivations is able to do the Gerson Therapy—and if Lupita can do it, anybody can do it! With help from several generous donors, Lupita is recovering.



Lupita's environment, outside San Cristobal de las Casas, Chiapas, Mexico

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

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.

Food Irradiation ...

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new item was attacked: Raw organic spinach was supposedly infected with *E.coli* and one child supposedly not only became sick but reportedly died! (What small children eat raw spinach? Besides the most grossly infected food with *E.coli* is raw hamburger meat.) Even that strange item was not enough, and the next propaganda item came with some raw, organic spring onions (scallions) supposedly being infected, too. And then came the big gun: a mother was shown with her young child (about four years old) and claimed that this child had been infected with *E.coli* from raw organic food, had become seriously ill, and then needed to be on medication for the rest of her life! The mother then said, "Something should be done to keep our food safe!"

Well, that was exactly what Big Pharma and food processors wanted to put into the public's mind: **The Government should Do Something!**

Of course, they already had "something" in mind, namely irradiation of all fresh greens! All they really wanted to do was to get us scared enough so we'd demand the action that they had already decided upon. Irradiation kills enzymes contained in the fresh foods, enzymes we need to survive! For millions of years we have survived on organically grown foods—since there was nothing else—in much better health than what we have today! Paul Dudley White, the famous heart disease specialist, observed his very first heart attack in 1921. It is now, together with vascular (circulatory) disease, the No. 1 disease killer in the US.

At the turn of the 20th century, cancer rates were less than one in 50. In 1936, posters warned that one person in 14 died of cancer. In the 1960s, the cancer rate was one in four. Today it is approaching one in

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two! We had organic food way back then ... we have dead and poisoned food today. And cancer is now the No. 1 killer of children under 17. Implementation of this new USDA initiative will only cause the cancer rate to rise faster.

The US Department of Agriculture (USDA) posted the proposed new rules in the Federal Register, did not publicize the intended rule, and opened a very short period for public comment. This period included Thanksgiving and the week after, when everyone was distracted by the beginning of Christmas shopping season. A similar tactic was used when the USDA attempted to ruinously dilute the standards for organic agriculture during the same period. The deadline for public comment regarding the USDA's intention to irradiate all fresh greens to "keep our food supply safe" was Dec. 3. The intent, of course, was to get so few pub-

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GERSON® HEALING NEWSLETTER

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NEW YEAR, NEW BOOKS, NEW STAFF, NEW DOCUMENTARY

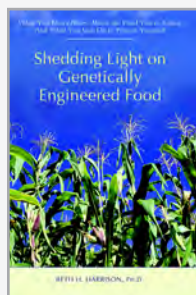
Greetings for the New Year ... we find ourselves healthy and happy and wish the same for each of you. We continue with intense dedication to the mission of ensuring the continuation of Dr. Gerson's work in its highest level of authenticity. I just finished reading Phillip C. Callahan's book, entitled "*Ancient Mysteries, Modern—The Magnetic Life of Agriculture*" (published by Acres U.S.A.). He writes of the wisdom and knowledge of ancient civilizations who understood that healthy soil was the foundation for healthy plants and therefore a healthy planet. He did fascinating research with the USDA for decades ... I have to wonder what they did with it. I am excited about the emerging trend in some communities where lawns of grass to are being replaced with organic fruit and vegetable plots. More on this later.

Along the line of books, former Gerson Healing Center (Sedona, AZ 1997-98) employee Beth Harrison, Ph.D., has released her book *Shedding Light on*

Genetically Modified Food. You can learn more about this on Beth's website: www.TheTruthAboutGMOs.com. The book retails for \$15.95 but may be purchased from that website for less. She states that the billionth acre of genetically modified food was planted in 2005. This is important information that further drives home the point that individuals have to assume the responsibility for their health.

"Shedding Light on Genetically Engineered Food: What You Don't Know About the Food You're Eating and What You Can Do to Protect Yourself."

"This compelling new book explains what the U.S. government and the biotechnology industry haven't told you—and why you've been intentionally kept in the dark—about the unlabeled, unproven genetically engineered food you are eating."



Shedding Light on Genetically Engineered Food simplifies this complex topic and reveals information you need to know that you won't find in the mainstream media. You deserve to know the truth. Your health depends on it."

We welcome Joel Brandon to our Gerson team as our new shipping specialist/general assistant. He comes to us with a background in a warehouse environment doing inventory and shipping, with experience in sales and promotions. We are grateful for this rich blend of experience and skills.

Steve Kroschel, our gifted and dedicated film producer, has done it again—documentary number 3—*The Beautiful Truth* has been completed. Director's cuts are currently being viewed by distribution companies and he is receiving positive responses. We will keep you informed of the future availability of this educational and inspiring new work.

— Anita .

Grateful Patient Donates Artwork

by Anita Wilson, Executive Director

We are indeed fortunate to have the admiration, respect, gratitude and support of many individuals, families and organizations. Recently, the Gerson Institute received this lovely painting by a grateful, and well-known artist, Maurice Harvey.

Residing in Carmel Valley for the past 28 years, he paints the beautiful surrounding countryside for which the region is so well known.

25 years ago, then in his 50s, Maurice was almost crippled with pain from the degenerated disks in his back. He was very concerned that if he was in such bad condition at age 55, it would only get worse.

Maurice and his wife Julia came to a seminar given by his acquaintance, Howard Straus, and inspired by the idea that he

could actually heal, he changed his diet and started acupuncture treatments. Over the course of the next year or two, his back pain was almost completely banished! Today, 25 years later, he is active, productive and healthy.



This elegantly framed painting of spring on the Big Sur Coast will be auctioned as a fundraiser with a starting bid of \$4,000. Its full dimensions are 32" x 28". The Institute will provide the shipping.

Mr. Harvey's art has found its way into fine art galleries where it is acclaimed for the diverse subject matter and attention to detail. His brilliant artistry has received world-wide recognition. The paintings are expressions of the artist's deep feelings that in nature, man can find wonder and grace.

This painting has a special meaning for recovered Gerson Therapy patients in that it is the product of a fellow recovered patient who is alive, healthy and productive 25 years after despairing for the future.

The deadline is February 1, 2008. Written bids may be submitted via email (awilson@gerson.org), fax: +1-619-685-5363 to the attention of Anita, or via mail to the Gerson Institute, Attention: Anita, 1572 Second Avenue, San Diego, CA 92101

Since the Gerson Institute is a non-profit organization, all donations are tax deductible.

More information shows

Dangers of Microwave Ovens

by Charlotte Gerson

In the course of the 23 years of publishing the *Gerson Healing Newsletters*, we have published four articles about the problems caused by microwave ovens. (Vol. 11, #3 May/June 1996, through Vol. 13, #4, Vol. 16, #2, and the last one, Vol. 18, #6 Nov/Dec 2003). So why write more about microwaves? For one, there is a vast number of new publications, research appearing on the Internet; also we assume that a number of new members of the Gerson Institute since 2003 may not have seen the older articles. So, if you are totally familiar with all the information on microwaves, you may want to skip this one.

This is a report prepared by William P. Kopp, of the A.R.E.C. Research Operations. The first portion of the report is a simple science project: watering two identical young plants, in identical soil, one with purified boiled water, the other with water boiled in a microwave oven. (see photographs below).

The author continues: "I have known for years that the problem with microwaved anything is not the radiation people used to worry about; it's how it corrupts the DNA in the food so the body cannot recognize it!" It is dead food and the body eliminates it, but cannot use it for nutrition. It was reported that a nurse in Canada had warmed up blood for a transfusion patient and killed him when the blood went in – dead. But the makers [of microwave ovens] say it's safe!

The author follows up by giving ten reasons to throw out your microwave oven:

- Continually eating microwave processed food causes permanent brain damage.
- The human body is unable to metabolize the unknown by-products created in microwaved foods.
- Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
- The effects of by-products remain in the human body long-term.
- Minerals, vitamins and nutrients are reduced by microwaving so that the body gets little or altered components that cannot be broken down.
- The minerals in vegetables are altered into cancerous free radicals by microwaves.
- Microwaved foods cause stomach and intestinal cancerous growths. This may partially explain the rapid increase of the colon cancer rate in America.
- Long term consumption of microwaved foods causes cancerous cells to increase in human blood.
- It also causes immune system deficiencies through alterations in the lymph glands and blood serum.
- Eating microwaved food causes loss of memory and concentration, emotional instability and a decrease of intelligence.

Microwaved ovens have even been used for "brainwashing", as shown in the 1970 Russian research documents written by Drs. Luria and Perov describing their clinical experiments.



Plant watered with microwave boiled water at 5 days | Plant watered with boiled purified water at 5 days



Plant watered with microwave boiled water at 7 days | Plant watered with boiled purified water at 7 days

Food Irradiation ...

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lic comments due to distraction and the very short comment period that they could claim later that there had been little or no objection from the public, and they could proceed with their murderous agenda.

It is of great interest that although 95% of *E.coli* infections come from animal-based foods, it is fresh greens, and especially organic greens, that are being targeted. This is highly indicative of the manipulation of information and public opinion that the news of an apparent *three* deaths from organic greens occupied the headlines and news channels at a fever pitch for *months*, while the deaths of 55,000 to 65,000 people from Vioxx®, an FDA-approved pain medication earning its maker Merck billions of dollars a year didn't rate more than a day or two of minor fuss. The FDA did not even pull Vioxx from the market; it was business considerations only that prompted Merck to do so.

Irradiation, of course, is equivalent to pasteurizing all fresh, green foods, thereby killing all their life-giving enzymes, and making them useless for healing or even maintaining health. Then, with the simultaneous removal of vitamins, supplements and herbs from the market by the FDA in keeping with *Codex Alimentarius*, we would all sicken and have no place to turn for relief other than the useless and toxic drugs of Big Pharma (huge political contributors to both Republicans and Democrats). This is in fact slow, government-enforced genocide on a scale unmatched in the history of the planet.

It's not too late. Even though it is past the deadline, you *can* keep the pressure on the USDA. Phone, e-mail, write to the U.S.D.A. Agriculture Marketing Service, 1400 Independence Ave., S.W., Washington, DC 20250, Attn: Billy Cox, Director, Public Affairs, billy.cox@usda.gov, (202) 720-8998 RE: DOCKET ID AMS-FV-07-0090, Federal Register pages 56678-56680, vol. 72, no. 192, October 4, 2007. Let them know you care, even though you missed the deadline. Don't let them get away with this kind of chicanery.

Be heard and save your life.

Rebekah M's Triumph Over MS

by Charlotte Gerson

We are always on the lookout for interesting stories of patient recoveries, and we sometimes discover a whole lot of them! Talking to one patient, we found three others, a whole Gerson group in the Phoenix area.

One of these wonderful people referred us back to the story of Ned Wright, written up in our *Newsletter* Volume 19, #1, Jan/Feb 2004. At the time, Ned was recovering from a recurring seminoma. He had completed two years of the Gerson Therapy, and had promised a full report at five years. We are waiting! However, when we talked to another patient in the Phoenix area, she confirmed that Ned, now at five years on the Therapy, is doing extremely well. Ned is also helping and directing some of the other Gerson patients in the area.

In this report, we introduce a 'recovering' (not yet cured, since she is not yet at two years) multiple sclerosis (MS) patient, Rebekah M. Rebekah was only 32 years old, in September of 2006, when she first realized that there was something very wrong: she had numbness in a large section of her torso. Naturally, she went to see a doctor. Her doctor ordered an MRI which disclosed the typical MS lesions, two in her neck and one in her upper spine. Within two days of her MRI, she was unable to walk! Her leg did not respond to her normal walking movement, but went in circles instead. In addition, her MS symptoms increased dramatically and she was admitted to the hospital where she was subjected to more toxicity. MS is often difficult to diagnose; but in Rebekah's case it was easy. In addition to

the lesions, she had other typical symptoms including false sensations: a normal touch would feel as though a match was being lit on her skin and bending her neck felt like an electrical shock; her temperature didn't feel like it was regulating correctly: her back felt hot and her feet felt freezing; she also had numbness in other areas. She states that her "nerves went crazy".



Rebekah M.

When we asked Rebekah what she believes caused her illness, she said that she is convinced that it is a combination of body, mind and spirit. She had an extremely traumatic childhood; she was severely abused, physically, verbally, emotionally, mentally and sexually by her parents! She was also seriously neglected. When she had pneumonia at age 7, her father told her "to get well or die" and her mother fed her ice cream because she felt hot due to a fever. Her father rarely worked, they often were evicted and moved frequently, suffering deep

poverty—a terrible environment. Miraculously, she survived.

Several years prior to the Gerson Therapy, she started counseling at her church and received an outpouring of love and emotional and spiritual healing. When she was diagnosed with MS, Rebekah already knew about the Gerson Therapy from Ned Wright, now recovered five years. She initially believed that the Gerson Therapy would be "impossible" for her since she is single, lives alone and had to continue working.

Ned and two other women from her church in the middle of the Gerson Therapy convinced her it would be possible and the best thing for her. Her church became her support group for the Gerson Therapy by delivering food and prepared bags of green juice vegetables every week. As she changed her food from what she believed was a reasonably healthy diet to foods allowed on the Gerson Therapy, she immediately started to feel better. When she added a coffee enema the first week at home, she noticed a dramatic decrease in pain and toxicity. The good food and coffee enemas made such a big difference that she knew that this was the right way to recover. She clearly felt that she was detoxifying.

After she started the Therapy, she also had several severe healing crises, but continues to improve. She is incredibly grateful for the opportunity to do the Gerson therapy; she would not choose anything different. Rebekah gives the praise for her healing to Jesus Christ! Her body is being healed just as her heart has been healed for the past five years. She is hoping that in the near future she will be able to return to her studies.

My recovery from "terminal" ovarian cancer

Betsy Heilman's Story

by Elizabeth Heilman

On May 22, 2003 at the age of 35, I was diagnosed with EOOPC : Extra-Ovarian Primary Peritoneal Carcinoma, stage IV.

I am writing this because the Gerson Therapy saved my life. I feel compelled to share my journey with others in a similar

situation, to raise awareness of the options available, and write about the success of Gerson. The Gerson Therapy more than healed me from cancer; it's the culmination of a life chronic illness, seeking wellness, and finally discovering a way to heal.

At the age of about ten, I began to have headaches. Doctors prescribed various antibiotics and pain killers on and off for about 25 years. In the process, I found that I am allergic to erythromycin, penicillin, all sulfa drugs, Band-Aid adhesive and some latex. By the time I was 21 my headaches turned into migraines. These eventually became so severe that I had to be on heavy pain medications to function. My father, also

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Toronto greets us with Canadian hospitality

We Attend the “Whole Life” Health Expo

by Charlotte Gerson

The annual “Whole Life Expo” convention in Toronto took place again over our Thanksgiving weekend, Nov. 23-25. [Canada celebrates their Thanksgiving in October.] The Expo is extremely well attended, somewhere above 15,000 people come from far and wide.

It is not surprising! People are terribly sick. It is painful to hear about their problems and their useless, generally harmful treatment by orthodox (free in Canada) physicians.

There were young people suffering from various cancers; diabetes, allergies, high blood pressure and many more serious problems. One who particularly impressed me: an attractive 40-year-old lady who had struggled for 20 years with rheumatoid arthritis! Her hands were grossly deformed, swollen, lumpy, useless! She told me that she had been treated on and off with Prednisone, and had just come down from 90mg daily to 60mg! (That’s a very high dosage.) Of course it didn’t help. She was amazed to hear that the Gerson Therapy is very effective in overcoming collagen diseases, such as rheumatoid arthritis. Of course after years of Prednisone, it becomes much more difficult to heal.

Happily, there were a few other positive reports. One lady who, on first glance, looked like she could be in her early or mid-sixties, told this story: At age 42, she had suffered from breast cancer, and was treated with the usual orthodox methods: surgery, radiation, and chemotherapy. When she was weak, in pain, and in serious condition with growing tumors, she was told that there was no more that the doctors could do for her. She started the Gerson Therapy on her own, at home—31 years ago! She is well, looks radiant and far less than her 73 years, and is rightly proud of her well-being.

Another positive report was by a gentleman, probably also in his mid- or late forties. He was suffering from lymphoma which had been biopsied, and he had

numerous lymph node swellings in his neck when he started the Gerson Therapy. He was happy to tell us that in just three days, many of his lymph nodes had disappeared. Of course, he was greatly encouraged, smiling and determined to continue the treatment.

A few hundred people, anxious to do something positive to improve their health, purchased the new book, *Healing the Gerson Way*, as well as DVDs and other materials in order to use an effective, natural treatment. The above book was sold with an insert, now also available on the Internet, “Resource List of Materials” used in the Gerson treatment. Not only that, but most of the copies were also signed personally. Of course the book contains many scientific references, some 90 pages of gourmet Gerson recipes, directions and instructions for following the Therapy, and daily as well as annual charts showing the activities involved for doing the full treatment. *A review of the book by Andrew Saul, Ph.D. appears below.*

Book Review

From the *Journal of Orthomolecular Medicine*, Dec. 15, 2007

by Andrew Saul, Ph.D., Assistant Editor

Healing the Gerson Way: Defeating Cancer and Other Degenerative Diseases, by Charlotte Gerson with Beata Bishop

Totality Books, 2007. Paperback, 406 pages plus indexes.

If I were asked to choose the most valuable two pages of any medical book ever written, I would not hesitate to nominate pages 196-197 of *Healing the Gerson Way*. They present a very concise listing of the full Gerson nutritional therapy as all “Hourly Schedule for Typical Cancer Patients.” These two pages deserve to be (and may already be) among the most photocopied-and-shared documents in alternative medicine. Authors Charlotte Gerson and Beata Bishop

also provide additional, modified treatment schedule tables: one for patients who are severely weakened and/or on chemotherapy, and another for nonmalignant patients.

Any preconceptions that the seven-decades-old Gerson approach may be outmoded or inflexible will be put to rest in the second chapter. Long-time students of Gerson will appreciate new additions to the therapy, such as chromium, selenium, and pau d’arco. Chapters 5 and 6, supported by 175 references, discuss how chronic disease is primarily caused by what we do to ourselves. The remainder of the book tells you exactly what you can do about it, with sections on “Restoring the Body’s Defenses,” “Why Does the Gerson Therapy Work,” “Pain Control Without Drugs,” and “Preparing Food and Juices—The Basic Rules.”

It would not be a Gerson book without a chapter on coffee enemas. The coffee enema is probably the most controversial, most misunderstood, and, perhaps, most memorable Gerson technique of all. Its purposes are detoxification, liver cleansing, and pain relief. Chapters also explain recommended laboratory tests and discuss non-pharmaceutical medications. I was pleased to see chapters addressing psychological support, necessary, household procedures and equipment, and potential “healing reactions,” the Gerson version of the side-effect. A collection of frequently asked questions, and a broad sampling of case histories of recovered patients are also provided. *Healing the Gerson Way* is carefully supported with citations from the medical literature. Indexing is thorough, including both subject and author indexes.

For those who dread the thought of living on some kind of a health-nut vegetable juice diet, there is more good news. Chapter 28 is entirely made up of recipes, some 90 pages of them. They look good, too: dips, appetizers, sorbet, dressings, numerous soups and salads, grilled vegetables, ratatouille, and desserts. You do not have to be sick to want to eat Gerson-style.

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

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Forced Vaccinations Arrive

by Paul Joseph Watson & Steve Watson

From the Internet, Nov. 14, 2007.

News networks and state authorities are engaging in public deception by claiming that vaccines for children are mandated by law and that parents will go to jail if kids do not take their shots. There is no law that says you have to vaccinate your children!

A situation in Prince George’s County, MD, has attracted considerable media attention. The State has turned to Gestapo tactics to force its medical will upon the people. Health authorities have threatened to kidnap parents and throw them in jail, removing them from their children, if they continue to refuse to have their children vaccinated. It is being implemented at gunpoint, with armed personnel and attack dogs at the ready, making sure nobody steps out of line. This campaign is blatantly illegal. Many parents are aware that vaccines contain highly toxic additives, including thimerosal which is a mercury compound and has been charged with causing autism in a large number of children. (www.newstarget.com/022267.html)

The Fox News report on this situation “is completely riddled with errors and distortions from beginning to end.” The reporter states “A new law was passed last year requiring children from 5th through to 10th grade to have the vaccine.” This statement is completely untrue. It further states that unvaccinated children endanger vaccinated

ones. How is that possible if the vaccinated ones are supposedly protected with immunity? In reality, the authors go on, vaccinated children are more dangerous to others, since a plethora of cases have shown side-effects of autism which has soared to unprecedented high levels.

Maryland does have waiver forms. If there is a law requiring vaccination, how can there be a waiver? To break the law? Such a form is available at www.unhinderedliving.com/statevacxemp.html.

We reported earlier on the dangers of HPV (human papilloma virus) vaccine, and first of all the fact that the disease is mild and in up to 90% of cases clears of its own accord *without any intervention*. Secondly, with a large number of young girls (aged around 12) being given the vaccine, nine died immediately, hundreds had to be hospitalized—for a mild, certainly non-life threatening disease!

A former director of the National Institute of Health, Dr. James R. Shannon, stated, “The only safe vaccine is one that is never used.”

“Pharmacocracy” is taking over from democracy. Merck and other pharmaceutical companies make obscene profits from vaccines. That is the reason why it is being illegally forced on our children.

Still, that is not all! On October 19 the

National Vaccine Information Center reported the latest “Biodefense and Pandemic Vaccine and Drug Development Act of 2005 (S. 1873)” which passed out of the U.S. Senate *one day* after it was introduced, is “a stockholder’s dream and consumer’s worst nightmare.” The proposed legislation will *strip Americans of the right to trial by jury if harmed by an experimental or licensed drug or vaccine that they are forced by government to take whenever federal health officials declare a public health emergency*.

This bill was introduced by Senator Richard Burr ((R-NC), chairman of the HELP subcommittee on Bioterrorism. He told the committee that it “creates a true partnership between the federal government, the pharmaceutical industry and academia to walk the Drug Industry through the Valley of Death.”

What about the public? It gets still worse: The committee will insure that **no evidence** of injuries or deaths caused by drugs and vaccines labeled as “countermeasures” becomes public!

This is where we stand: a government agency can at any time force the public to submit to toxic vaccines and/or drugs without being advised of their content or any adverse outcomes, nor having the right to sue the offending drug manufacturer for injury or death caused by the administration of those drugs.

This is an unlimited license for secret mass exterminations! Does that remind you of any past government? — Ed.



Merck Immunologist Admits Injecting Cancer Viruses in Vaccines

by Charlotte Gerson

This stunning censored interview conducted by medical historian Edward Shorter for WGBH public television (Boston) and Blackwell Science was cut from *The Health Century* due to its huge liability—the admission that Merck drug company vaccines have traditionally been injecting cancer viruses (SV40 and others) in people worldwide.

This segment of *In Lies We Trust: The CIA, Hollywood & Bioterrorism*, produced and freely contributed by consumer protector and public health expert, Dr. Leonard Horowitz, features the world’s leading vaccine expert, Dr. Maurice Hilleman, who explains why Merck’s vaccines have spread AIDS, leukemia, and other horrific plagues worldwide.

Please forward this clip (link) to everyone you know who thinks vaccines are “safe and effective.”

To see & hear the clip: http://www.live-leak.com/view?i=327_1195303011



Book Review ...

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ever written on the subject: comprehensive, up-to-date, exhaustively referenced, and very well-written. 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.



Betsy Heilman ...

continued from page 5

a migraine sufferer, took me to the migraine clinic at Abbot Northwestern in Minnesota. I was diagnosed with chemical sensitivity disorder and put on the drug Doxepin, a tricyclic antidepressant used to raise serotonin levels. The doctor claimed good results with this drug for migraine patients. Though I took Doxepin on and off for about 10 years, it did not help much. I would still get three-week headaches from just one whiff of bus exhaust. Mostly I just suffered through the pain.

In college, I realized that I could not live this way and began to explore diet and lifestyle alternatives. First I started doing yoga, which led me to adopt a vegetarian diet, veganism, macrobiotics and raw, live food living. I became conscious of the benefits of stretching, relaxation and balance and started feeling better. My studies improved and my headaches lessened. I began to see which foods and environments I had to avoid. The lifestyle changes, along with a full course of body work called Structural Integration, a realignment similar to chiropractic, opened my eyes to the possibility of well being. As the pain lessened I began to notice other

imbalances that had been masked by the headaches. Ironically, as I began to get better, I realized how bad off I was. But this was only the beginning.

My interest in "real" traditional healing arts led me to the city of Mysore in southern India. Southern India is considered the "home of the mother medicine". I went to practice and study yoga and Ayurvedics with the determination that if I was ever to become fully healthy, this was the time and place. There I woke at 5 and from 6 to 9 am I did rigorous aerobic yoga. Then I would rest the rest of the day eating coconut, mango, sugar cane and toast. It wasn't until I stopped doing my daily routine and got on the plane back to the States that I began to feel very sick. I believe the illness was there all the time and the yoga and healing therapies had kept it at bay.

Later I arrived in Honolulu with the worst gut pain I ever had. I continued to lose weight, and my abdomen began to swell. For six weeks I doctors' appointments and took useless remedies. I was repeatedly told that nothing was wrong with me. A doctor on Maui put me on a sedative. Another in Alaska put me on Flagyl, a potent anti-protazoal for parasites. Though the tests showed

no parasites, the doctor told me, "Oh well, sometimes that happens and you have them anyway." Our local doctor, Dr. Yates, palpated my stomach and said I had to go to the emergency room immediately. There they gave me Demerol, and it was like somebody turned on the lights. Suddenly I realized how much pain I had come to tolerate. They took an X-ray, again told me there was nothing wrong and sent me home.

After dead-ends with seven doctors my parents set up an appointment with a germ specialist at the Mayo Clinic, known for being the best conservative medical institute in the west, if not the world. Within days I was on a plane to Minnesota and admitted to the emergency room because I was in so much pain I could not wait. I could not walk, or talk without crying, and I was emaciated. After a battery of tests, one of which was an ultrasound, they found ascites in my abdomen, did a paracentesis and diagnosed the ascites with cancerous cells. There was no sign of cancer on my CT scans but my CA-125 was elevated to 300. At about two o'clock in the afternoon on May 22, 2003, five doctors came into my hospital room and explained to me with arms folded across

continued on page 9

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Betsy Heilman ...

continued from page 8

their chests that I had end-stage cancer and that death was imminent. They explained to me that I had stage IV EOPPC, "terminal" because ascites is incurable, a complete breakdown of the body organism. Besides, my ascites was cancerous. They said I could try chemotherapy that would not cure me, but might give me an extra six months to a year, *if I was lucky*.

I was assigned Dr. Roa for an oncologist. When he came in the room he looked very sad. I told him that I was not going to die and he looked at me like I was pathetic and crazy. As soon as I was out of the hospital I began researching every possible angle. I would do everything and anything to survive. I was *not* going to let this cancer kill me! I knew there was an answer and I would find it. My oncologist arranged for me to do six months of carboplatinum and Taxol. It was like being sold a car. When I went for a second opinion and told this doctor that I had been doing research on PubMed and many other web and library resources, he said, "Don't do that. That will only confuse you. Just trust me." My hair stood on end when he said that, and I decided to trust my hair instead of him. Keep in mind that in the course of two years, I had visited numerous specialists from the top medical centers in the world, including Mayo, M. D. Anderson and Sloan-Kettering, and they couldn't find anything wrong with me. "It's all in your head," they told me. Dr. Borone, an oncologist at the UC San Diego Medical Center, gave me one \$6,000, 20-minute infusion of carboplatinum and Taxol, after which I got worse.

I told all my friends and relatives, then I

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received two e-mails that mentioned Gerson. I started looking into the therapy (among many other non-toxic treatments).

Gerson was the most rigorous and disciplined therapy, but I thought it was nuts. I thought, "a person would really have to be fanatic to do something like that." A primary goal of my research was to find any women who had survived the same diagnosis as mine. I searched every cancer resource and found only two women who had survived a similar diagnosis: both Gerson patients. At the same time I was told by Dr. Roa that the chemotherapy was not effective. He pulled up a list of what looked like about 20 different chemotherapies and said, "If one chemotherapy doesn't work, the others most likely will not. We could just start at the top and try them all." I felt like he was telling me, "Well, you're going to die anyway, so lets just try anything." The Gerson Therapy started to look far less crazy. Then a woman oncologist who, in her own words, had seen this disease "hundreds and hundreds of times before," told me no one survives it, and wrote me a scrip for hospice [care]. I remember looking at her shoes and thinking, "What does she know? With *those* shoes?" They were too green and too tight and matched her suit too well. I just knew someone else picked them out for her and told her to buy them.

I applied to Gerson and was accepted. I kept thinking the process was like applying to Yale. The people involved had no time to waste. You have to want it. That was a good thing to me. On my arrival I was welcomed by doctors, nurses, staff and other patients, all with encouragement.

I was assigned Dr. Bravo, who came to my room and sat [with me] to talk. She told me that this therapy was up to me. She asked me if I could face the seriousness of my illness, and did I have what it takes to cure myself? I was so affirmed. I knew deep inside that it was up to me, and it was in my power to heal myself. I only needed the right tools. She told me I had a night to think about it and if I wanted to leave in the morning it was up to me. Game on!!! I honestly felt like I had discovered the clinic I was dreaming of.

I spent the next four weeks at the clinic, and my CA-125 went to normal. Right away my abdomen started to shrink and I felt much better. *[During her time at the Mexican Gerson Therapy clinic, Betsy appeared in Steve Kroschel's first documentary, The Gerson Miracle.—Ed.]*

From Mexico, I made all the arrangements to return to Alaska and proceed with two to three years of the Gerson [Therapy] in a 16 foot square cabin. On the Internet at Gerson.org I found a man in Alaska who was already ordering organic produce for two people who were doing the Gerson [Therapy]! I hired two caregivers and received many curious visitors. The following summer I had my first full-on garden of romaine, carrots potatoes and more. What I could not get from my garden, I got from the farm down the street. The grocery store was becoming a thing of the past.

For a twenty-two months I followed the Gerson routine from 7 am to 9 pm, all day, every day. After consulting with Dr. Bravo and seeing consistent, optimal blood work, I decided to have surgery. I found a female gynecological surgeon who would do a low impact surgery and just clean up what looked unhealthy. After the surgery my ascites went away and never came back. I continued the Gerson [Therapy] for several months. My surgery healed and my strength increased. Since I started the treatment, my migraines have all gone away and my bladder infections have subsided. To this day, I rarely get even a cold.

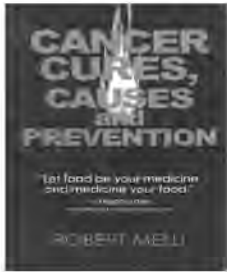
Throughout these past few years I continued annual checkups at the Mayo clinic and I also went back to the Gerson clinic twice during my two year treatment. On February 23, 2006, after blood work and a CT scan at Mayo, Dr. Roa said I had no sign of cancer. He was astonished. He asked me several times if I had chemo elsewhere, as if I forgot or something. Right! He left the room and came back and said I am the only survivor they know of with this diagnosis. Once again he folded his arms across his chest, only this time with astonishment. He said, "Not only is there no sign of cancer, but all the scar tissue from the surgery was absorbed. This is unheard-of. Whatever you're doing, keep doing it." I told him, "You know what I am doing," because he knew the whole time, but from his chair, he just couldn't understand it. To this day Dr. Roa and I remain friends. I was going to quit seeing him several times, but my father said "No, you have to teach him." I told him that day, that great day, "Well doc, if you ever get sick, just give me a call." He looked at me funny, but you know what? I think he will.

Betsy has agreed to answer questions for anyone with similar problems. Her email is betsyheilman@gci.net.



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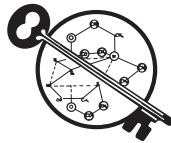


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Gerson Therapy Workshops, Lectures & Events, 2008

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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
Sat., Jan. 5 and Sat., Feb. 2, 2008, 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.-Sun. 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.	Dr. Kayla Smith, The Gerson Institute, Tel: (619) 685-5353. email: ksmith@gerson.org . Please call for details, costs and availability.
Fri.-Sun. Mar. 7-9, 2008	Gerson Therapy Caregiver Training	Gerson Institute, San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Gerson Institute staff	Barbara Conde, The Gerson Institute, Tel: (619) 685-5353 x129. email: bconde@gerson.org . Please call for details, costs and availability.