



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

Fluoride ... Again

by Charlotte Gerson

In the course of our 24 years of publication, we have frequently discussed in the *Gerson Healing Journal* the problems of fluoridation, and we have published some five articles on that subject. The recent story that Prof. Chester Douglass and Harvard University suppressed for two years the research of his assistant, that fluoride seriously increases the incidence of osteosarcoma (bone cancer) in boys—is just one of the dreadful measures promoted to keep the monies from fluoride pouring in! Professor Douglass has long been a consultant for Colgate, a major fluoride user.

In the January 2008 issue of the *Scientific American* you'll find another article giving two sides of the argument against fluoridation: but they lean toward the positive. Among other excuses, there is a frightening statement with the paragraph heading:

Debating the Effects

"The U.S. Centers for Disease Control and Prevention has hailed fluoridation as one of the 10 greatest public health achievements of the 20th century, claiming that the addition of the chemical to drink-

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Recovery from Mixed Collagen Disease

Anne's Escape from Medical Purgatory

by Charlotte Gerson

Born in 1964, Anne was already an inveterate distance runner by the time she was in high school. At the age of 38, in 2001, she first noticed swelling in her hands that didn't abate at night or even in a few days. She also had some pain and difficulty closing her hands normally. That is when she consulted her doctor. It happened that a nurse practitioner attended her and ran a series of tests that came up positive for lupus. Anne then consulted a rheumatologist who confirmed "mixed connective tissue disease." (This includes lupus, rheumatoid arthritis and scleroderma.)

The doctor prescribed Plaquinel®, steroids and methatrexate (a chemotherapy drug prescribed for patients assumed to suffer from auto-immune disease, since *it kills the immune system.*) Anne took those drugs for one year but didn't feel any better—admittedly also not worse. However she had to quit her job, lost quite a lot of hair and had a puffed face. She refused to take these drugs any longer, and for one year took nothing.

However she did a lot of research, reading as much as she could find. During that year, she found the natural healing approach of George Malkmus and started

juicing. She began to feel somewhat better and the disease didn't seem to progress.

In September of 2002 Anne had a severe lupus attack. She decided to go to the Mayo Clinic, which had a waiting list. She arrived in February of 2005. There all tests were done again and the rheumatologist stated that she now had scleroderma as well as polymyositis with weak muscles as well as Reynaud's syndrome. He also said that it was not curable and he would have to keep her on drugs. Anne felt that her physician was using threats in order to make her comply, since he realized that she resisted drug treatments. This doctor stated in her husband's presence that without drugs she would be in a wheelchair within six months.

He then prescribed a drug which is usually given to patients who receive liver transplants—immune suppressants. The drug was described to her as a "low grade fever" type aspirin. She went into shock and landed in intensive care for two weeks where she almost died. She was given many more drugs but she doesn't know exactly which ones, since she was "out of it." When Anne finally recovered from this treatment she started to research the drug this doctor had

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Mixed Collagen Disease ...

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given her and found out that it *causes* liver cancer. It also caused her to gain 30 pounds during those two weeks. Then they gave her another drug which apparently drained this accumulation.

Finally, Anne's regular doctor at home suggested that she try the Gerson Therapy. She found Dr. Gerson's book, *A Cancer Therapy*, then checked the recovered patient list provided by the Gerson Institute. Encouraged and hopeful, she came to the Mexican Gerson hospital in May, 2005.

In February, 2007, she wrote her Gerson doctor "... I am doing wonderfully!"

On her two-year Gerson anniversary, Anne came and visited us at the Mexican Gerson clinic. There she presented herself to the other patients, who are always very happy to meet recovered patients and who are encouraged by seeing them well, healed and active.

"Remember there are worse things than death; one of them is chemotherapy."

—Charles Huggins, M.D.,
Nobel Laureate

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

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.

Fluoride—again ...

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ing water has been one of the main reasons for the decline in tooth decay over the past three decades (measured here by the number of decayed, missing or filled teeth in 12-year-olds). Rates of tooth decay have also plunged, however in many countries where public water systems are not fluoridated, in some of these nations, fluoride added to foods, beverages and dental products may account for part of the decline."

Dr. Joseph Mercola, on the other hand, reported already in September of 2002 that "Belgium banned fluoride supplements because excessive use of fluoride increases the risk of osteoporosis, could damage the nervous system and, even Belgian dentists agree, is *ineffective* when ingested." [italics mine]

"Belgian health minister at the time, Magda Aelvoet said she was now pressing for a Europe-wide ban, hinting that the removal of supplements was just the first step towards removing the chemical from the food chain."

Many European countries have discontinued water fluoridation because of its adverse health effects. Dr. Mercola further reports, "There are relatively few countries in the world that (still) use fluoridation. In many countries it is against the law to contemplate the mass medication of a whole population with a substance that everyone admits has the potential to be toxic ...". From the Fluoride Action Network, some of the following statements should be noted:

On page 4, "Water fluoridation benefits to teeth have been exaggerated. Even proponents admit that it is not as effective as it was once claimed to be." A review published by the Ontario Ministry of Health and Long Term Care noted "The magnitude of fluoridation's effect is not large in absolute

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terms, is often not statistically significant and may not be of clinical significance." "No difference exists in tooth decay between fluoridated and unfluoridated countries"! "The vast majority of western European countries has rejected water fluoridation. Yet, according to comprehensive data from the World Health Organization, their tooth decay rates are just as low, and, in fact, often lower than the tooth decay rates in the U.S.

Fluoridation is a financial support system to some of the chemical industries. "The industrial chemicals used to fluoridate water may present unique health risks not found with naturally occurring fluoride complexes. The chemicals—fluorosilicic acid, sodium silicofluoride, and sodium fluoride—used to fluoridate drinking water are industrial waste products from the phosphate fertilizer (and aluminum) industry." Please also remember that some 99% of water used in households

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GERSON® HEALING NEWSLETTER

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From the desk of Anita Wilson, Executive Director

CHARLOTTE'S 86TH, TRAINING PROGRAMS, INTERNSHIPS

On March 27th Charlotte will celebrate 86 years of her amazing life of passion, dedication, accomplishment and endless service to healing the hopeless. The Gerson Institute, per Dr. Gerson's words, is devoted to encouraging people the world over to grow their own organic food. We have gifted Charlotte the construction of a small, untreated redwood, gopher-proof, raised bed that, by the time you receive this newsletter, will be planted with greens, scallions, radishes and other early spring crops. This project was completed by Backyard Organics, a San Diego based company that promotes replacing watered lawns with edible food. In recognition of her service, we felt it was time to start giving back in a nurturing, meaningful way. We promise a future photo when she reaps the benefits of the first harvest. Happy Birthday Charlotte! We love you and we

know the best way to ensure your continued vitality is to see that you have the freshest, organic produce possible.

For some time, we have been evaluating and restructuring our training program for licensed medical professionals. This year we are making a major change, offering Module I to a very small group, who will experience the modified therapy in residence for a week at the Charlotte Gerson Health Restoration Center, while receiving this introductory phase of the training. We are quite excited about the reaction to this and are looking forward to a powerful week of sharing and learning. We are putting a priority on those who are committed to immediately enrolling in Module II, the experiential phase, providing Gerson treatment to a limited number of cases, under Dr. Kayla Smith's supervision. (See Calendar of Events for dates for Module I).

Also, please check our calendar of events for the upcoming March Gerson Basics/Caregiver training in San Diego. It is from this pool of students that we select interns for the Charlotte Gerson Health Restoration Center with the next session being in April. This is a most unique (and intense) advanced training opportunity for home set-up coordinator or caregivers to experience the daily rhythm of juicing, cooking and all non-medical components of the therapy while caring for the guests. Interns receive personalized training, evaluation and the opportunity to practice teaching to others...all under the direction of our talented, specialized faculty.

May these spring days of longer light revitalize you and bring newness,

Anita

First Annual Gerson Golf Tournament

by Anita Wilson, Executive Director



Fore The Cure is the first Golf Tournament fundraiser in Gerson Institute history. Arrowood has earned a reputation as one of the "greenest" golf courses in the world and was designed by prominent local architect Ted Robinson Jr., "This course is different from others we have designed in San Diego because of the topography and the extent of the natural areas adjacent to the holes. It feels open and unconfined," remarks Robinson. Many holes are bordered by undeveloped riparian habitat, which gives the course a feeling of natural seclusion. May 1st, 2008 is our go-to date, so mark your calendars and reserve your spot so you don't miss out on this amazing day! This is guaranteed to be one of the best tour-

naments you have ever participated in, whether you're talking about golf, fun, or enlightenment. We need your help to make this a success! We have already received a number of inquiries about the tournament and we are currently working hard to organize our sponsors. If you would like to sponsor the tournament or know someone who would, please contact Adam Huntington. For more information please visit www.gersongolf.org.

Date: May 1st, 2008

Course: Arrowood Golf Course

Website: www.gersongolf.org

Contact: Adam Huntington (619) 685-5353x109 adam@gersongolf.org

Institute Accepting Bids on Painting

by Anita Wilson, Executive Director

The beautiful, original painting, "Spring in Big Sur," by renowned Carmel Valley artist and recovered Gerson patient Maurice Harvey, donated in a fundraising initiative, is still available for bids on the Gerson Institute



website, www.gerson.org.

Harvey's work is well-known for its highly detailed and romantic capture of natural land and seascapes that are fast disappearing in our world. His grasp and presentation of lighting has made his work a favorite of many collectors.

In this painting, Harvey depicts the wild and rugged cliffs leading precipitously down from the Big Sur (California) coastline to the sea below, both bathed in the glow of a rosy sunset. The painting is 32"x28", beautifully matted and in a gallery-class frame, as befitting such an excellent example of Maurice Harvey's work.

Bid at www.gerson.org today!

From the mailbag

A Patient Letter

by Charlotte Gerson

We received the following letter from a patient who received medical treatment that is, unfortunately, not all that unusual.

"I have been treated very badly as a result of my interest in alternatives. When I tried to explain that the entire body needs fixing and a little pill won't fix the underlying problem, I received a letter from the doctor that was one of the ugliest things I ever read in my life. I was in disbelief at how cruel this doctor was in regards to what I said regarding alternative treatment.

"And to think THIS [her caps] is the kind of doctor that is treating others medically! I have my Norwalk and just received the Gerson Therapy Book that Charlotte and Beata Bishop wrote. It is absolutely GOLD! [again her caps] You are most kind and thanks for using the things that God put here to get us well. I have called approximately nine people that have done the Gerson therapy in the past and they are undoubtedly some of the sweetest, kindest, giving, helpful, calmest people you ever want to meet. Not only were their bodies healthy, but their minds were also.

"Again, thanks for the hope and response."

(Name withheld by request)

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Fluoride—again ...

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to 'medicate' drinking water is not used for drinking. It is used for laundry, washing cars and household items, watering lawns and gardens, bathing and flushing toilets. So it is also a hugely wasteful effort even if it were effective.

It is interesting to note that in the U.S.A. every single tube of fluoridated toothpaste carries the following statements:

Warnings: Keep out of the reach of children under 6 years of age. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away. Children 2-6: use only a pea sized amount and supervise child's brushing and rinsing to minimize swallowing.

When large audiences were asked by a show of hands to signify that they had read and followed the above warning, *not one single hand went up!* It may be explained by the fact that people simply don't believe that something they regularly put into their mouths (and those of their children) is poisonous! So they either don't read or heed the warnings. It is also against their better judgment, since most people try to train their kids to brush their teeth regularly, and on their own, *without constant supervision!*

Fluoride and the thyroid gland

Fluorine is the highest ranking element (lightest and most active in the Periodic Table) of the group of five elements known as "Halogens." They all have similar characteristics; but each higher ranking one on the Periodic Table of chemicals is able to displace the one or ones below! It happens that one of the very important chemicals required for normal human functions, is iodine. This is the fourth ranking chemical of the halogens in activity and is therefore easily displaced by fluorine and its compounds, such as sodium fluoride, contained in toothpaste.

Iodine is extremely important to the whole glandular system of the body. The thyroid gland requires iodine in order to manufacture thyroxin, the thyroid hormone. This regulates all the other hormonal functions. So it is easy to understand that, to a large extent, due to fluoride in water systems and toothpastes, loss or decrease of thyroid func-

tion is wide-spread. Further, "according to the National Research Council (NRC) fluoride can damage the brain. Animal studies conducted in the 1990s by EPA scientists found dementia-like effects in animals at the same concentration (1 ppm) used to fluoridate water, while human studies have found adverse effects on IQ at levels as low as 0.9 ppm among children with nutrient deficiencies."

It is also remarkable that in the January 2008 article in the *Scientific American* (mentioned above) there is no mention about the effect of fluoride on the thyroid gland. Does one have to assume that the reporter (Dan Fagin) and the research on which he based his article, are not aware of this connection? Or did he purposely disregard it? This is a sad situation in either case. One of the more serious effects of low thyroid function is the depression of the immune system—which, on further investigation, would explain the problems of osteosarcoma observed in young boys by Dr. Douglass's assistant (Elise B. Bassin et al. *Cancer Causes and Control*, Vol. 17, #4, pp. 481-482, May 2006). The NRC reports "Risk to the thyroid gland: fluoride is an endocrine disrupter." The NRC has warned that doses of fluoride achievable by drinking fluoridated water ... can lead to loss of mental acuity, depression and weight gain." Are these not all problems of present day populations that ingest fluoride—if not in water, then in toothpaste, reconstituted juices, etc.? An additional report (*Medical News Commentaries*, IMVA—Transdermal Iodine; December 18, 2007) states "Iodine has been used therapeutically in various pathologies where the immune mechanism is known to play a dominant role"! Dr. Gerson was aware of this requirement some 65 years ago when he added iodine (Lugol's solution, or potassium iodide) to the cancer patients' medication and forbade fluoridated toothpaste (*A Cancer Therapy*, P. 238) in order to reactivate their immune system.

The dangers of fluoride in the water systems of presently some 62% of Americans must be avoided by Gerson Therapy patients. The use of distilled water is discussed in the book, *Healing the Gerson Way*; "Water Warning," p. 228. As explained, shower filters *do not* remove fluoride from the water so that, in the course of a normal shower, a great deal of fluoride is absorbed by the patient through the skin and interferes with healing.

Another Failed "Hit" on Organic food

by Charlotte Gerson

The incident started with an unfortunately average situation: a 41-year old lady in average good health developed breast cancer. She was put on the usual treatments: chemotherapy and hormone blockers, and didn't do well. She was not on a particularly unhealthy diet, and felt, on the contrary, that she had a rather healthy lifestyle. She couldn't understand why she got cancer. She had heard about the Gerson Therapy and contacted associates of the Institute.

From Gerson books, she learned details of the Therapy. After only a short time on the treatment, she observed some unexplained bloating. Checking enema procedures, she placed the coffee bucket on the floor in order to try to release gas. The first time she did this, she found an 8 inch worm in the tube! She did it twice more and found another long worm. During the next few days she expelled dozens of smaller worms along with some long ones—and she panicked. She looked on the Internet where she found pictures of her worms as well as a statement that they could be caused by organic food.

She panicked even more, and even though the Gerson counselor reassured her, she contacted the emergency room. Her doctor said the same: worms can be caused by organic food! The nurse confirmed the information. And she continued to void worms. It turned out that her mother had quite a few dogs while the lady was growing up, many afflicted with worms.

Finally she found a passage in a physi-

cian's book (Dr. Giuseppe Nacci, *Become Your Own Doctor*, Chapter 1.b)

All these germs are aerobic. That means that they need oxygen to survive. They are the cause of the SYMBIOSIS between the human body and germs that allows a good nutritional balance for assimilation of vitamins by the human body in exchange for an ideal habitat for these germs' proliferation.

These bacteria are not damaged by a vegetarian diet, even though fruit, vegetables and spices are rich in *germicidal, fungicide and anti-parasitic* substances (e.g.: allicin, contained in garlic, onions, leek, radish ...). In turn, these germs greatly help the body to digest, and therefore, to assimilate the thousands of natural vitamins contained in vegetarian food.

At the moment the validity of those studies cannot be judged, even though it is possible that the neurotoxins produced by intestinal parasites (worms) could actually affect the central nervous system (CNS). The patient also started to feel better, less bloated. Then she found in two separate books on nutrition, that carrots also help to kill parasites.

The woman is recovering; the doctors and nurses are again proved either ignorant, or purposely misinforming patients. They continue to lose credibility!

The Gerson counselor adds: "Hurray for worms!"

all about the Gerson Therapy." I was taking several drugs, too, like Atenol, Estrace, Diovan, and allergy shots once a week. I was also running to the doctor's every other week.

Now that I'm on the Gerson Therapy I'm feeling so much better. I'm walking, I exercise at least twice a week. I tell people that I'm a vegetarian now. I have gotten comments about how good my color is. All kinds of things are working again. I have regular bowel movements. I have spit [sali-

From people who should know

Some Notable Quotes

"I see in Dr. Gerson one of the most eminent geniuses in the history of medicine."

—Nobel Laureate Dr. Albert Schweitzer

"... no diet has ever been shown to cure cancer."

—Barrie Cassileth, Ph.D., American Cancer Society Spokesperson (2007)

"They lie like Scoundrels."

—Dean Burke, Ph.D., on The American Cancer Society. (Burke was employed by the National Cancer Institute for 34 years)

"Everyone should know that the 'war on cancer' is largely a fraud, and that the National Cancer Institute and the American Cancer Society are derelict in their duties to the people who support them."

—Double Nobel Laureate Linus Pauling, Ph.D.

"If there is ever an organization that deserves a Congressional investigation for dishonesty and fraud... it is the American Medical Association."

—Chester A. Wilks, Chiropractor who sued the AMA and won

"There have been many cancer cures, and all have been ruthlessly and systematically suppressed with a Gestapo-like thoroughness by the cancer establishment ..."

—Robert C. Atkins, M.D.

"...we have never fought the homeopath on matters of principle. We fought him because he came into our community and got the business."

—Dr. J. N. McCormack, AMA, 1903

Ménière's Disease

A Letter from Jackie

This letter has been considerably cleaned up in punctuation and grammar. The meaning is very clear, though. — Ed

I was recently diagnosed with Ménière's disease, then I was told that I might have Lupus, so I went to Sam's Club and saw my sister Sharon Houck. She told me "There is a cure for you, Jackie." I was ready to die, but she said, "I will come over and tell you

va], my eyes have water drops [tears] in them, I go to the rest room a lot more, my feet feel good, they don't hurt. I can say I even burp now.

I'm so thankful for my sister Sharon, and I would like to thank you, too.

—Jacqueline Yager

[Patients with Ménière's disease exhibit hearing loss and feel pressure in their ears. They also suffer from tinnitus, a state of severe imbalance. Vertigo is the most dramatic and the most disruptive symptom of Ménière's disease. —Ed]

An encouraging report

Roger W. Calls from Ohio

by Howard Straus, Editor

I got a telephone call on Dec. 19 from Roger W., an 86-year-old gentleman from Ohio. Over the years, he has bought a number of Gerson books and DVDs to distribute to schools and libraries, just wanting to do good by getting the word out.

In spring of 2007, Roger told me that a long-standing melanoma tumor on his ear had started to grow, and he was concerned. What should he do? Of course, I recommended that he immediately go to the clinic in Mexico, which he did in June. I asked him to let me know what happened, but had heard nothing from him since he returned from Mexico.

Then, out of the blue, Roger called. After a description of his arrival at the Gerson clinic, and meeting Charlotte ("Quite a woman! I'm just two months older than she is."), praise for Dr. Cervantes and the wonderful staff at the center, Roger said, "Well, I was there for three weeks, and nothing much happened to the tumors."

I held my breath, wondering if there was some bad news. After all, nobody ever claimed a 100% cure rate! But he went on. "When I got home, the tumor started changing, and about a month after I left Mexico, the one on my ear fell off." (Whew!) In allopathic medical terms, this would have been considered a miracle. Melanoma tumors don't just "fall off."

"Then," he went on, in his languid upper-mid-Western rural manner, "in September, the other tumor, behind my ear on my scalp, fell off too. Just wanted to tell you what's been happening."

I live for calls like this!

Correction ... sort of

In the last issue of the Gerson Healing Newsletter, we gave a website on page 7 for a film clip of a Merck immunologist. Because of its length, it was hyphenated across a line break. Those who typed it in character for character got a quite different website. To get the correct website, remove the hyphen at the end of the line, between the words "live" and "leak". And we apologize for the problem!

Shirley Tice — Recurrent Breast Cancer

Will Wonders Never Cease?

by Charlotte Gerson

In July of 1986, when her right breast began secreting a reddish fluid, Shirley Tice consulted her regular gynecologist, Dr. Jacquelyn Walker, and had a mammogram. A 'suspicious lump' was then biopsied by Dr. Joann Scheer at St. Luke's Hospital in Pasadena, CA. Several lumps were found and her surgeon suggested a radical mastectomy and the usual treatment with chemotherapy. Her friend of about a year who was very much into natural healing therapies, took her to visit the Mexican Gerson hospital before the scheduled mastectomy. She chose nutritional healing and spent a few weeks in Mexico, then followed the Gerson Therapy for another two years—recovered and was well for about eight years. She also started a new business and was successful and happy.

Her next mammogram was clear. When she took it to Drs. Scheer and Walker to compare it with the original mammogram, they claimed to have 'mislaidd it'. Dr. Scheer even wanted to perform a mastectomy, as she put it, "to make sure that the cancer was gone." Needless to say, Shirley refused.

That is not the end of the story. A little later she was looking after several of her grandchildren while her daughter was working. Foolishly, she took them to McDonald's for some meals and also ate there! She soon had a recurrence of the cancer in her breast. She reverted to the Gerson Therapy for about one and a half years—and recovered *again*.

Incredibly, she subsequently spent some time working with disabled patients and again abandoned the 'healthy eating' habits of the Gerson Therapy. And she had a second recurrence! This time it was very serious with metastases to the bones requiring a metal rod in the bone of her leg.

The wonder of this story is that in the 30 years that we have been working at the Mexican clinic, we have had ample evidence above all, the Gerson Therapy is able to reverse even 'terminal' cancer. We have also seen a number of cases where recovered patients go back to ordinary foods, or travel and work in other countries without access to organic foods and juices—and develop a recurrence of their cancer. These patients then go back to the Therapy and recover again.

However, we have had to warn patients to avoid a second recurrence at all costs! While we have seen a few rare patients who got ill again, none of these has recovered a third time. We generally warn all patients that a recurrence will be slower and more difficult to heal than the original cancer, but a second recurrence would be fatal.

You'll see from the above that Shirley Tice had this additional recurrence and was very ill, with bone metastases and spreading cancer. She did go back to the strict Therapy and to the amazements of all of us involved with the Gerson Therapy, she recovered a third time! The power of the Gerson Therapy is wondrous.

Suppressed for over a century

Why "They" Don't Want to Cure Cancer

"Triumph over cancer ... would mortally threaten the present clinical establishments by rendering obsolete the expensive surgical, radiological and chemotherapeutic treatments ... Such fear, however unconscious, may result in resistance and hostility to alternative approaches in proportion as they are therapeutically promising. The new therapy

must be disbelieved, denied, discouraged and disallowed at all costs, regardless of actual testing results, and preferably without any testing at all. As we shall see, this pattern has in actuality occurred repeatedly, and almost consistently."

Quote from Hans Ruesch, Naked Empress—the Great Medical Fraud, CIVIS, Massagno/Lugano, Switzerland 1992, pp. 62-65, in quoting an article by Robert Houston and Gary Null.

Myelofibrosis—Reversed

by Charlotte Gerson

Too many people think of the Gerson Therapy as a treatment for cancer. The reason is quite obvious: the pharmaceutical companies have brainwashed the public to believe that each disease requires a specific drug. Worse, medical doctors are also trained to believe this fiction. It is difficult to convince doctors that all chronic degenerative diseases are basically caused by two major problems: deficiency and toxicity. For that reason, when we can help the patient with hyperalimentation (feeding the deficient patient with the correct, living organic nutrients) as well as detoxification, it is perfectly possible to cure most of the so-called "incurable" diseases.

One of these, a relatively rare condition, is called "myelofibrosis." It is described as "a disorder marked by the overproduction of scar tissue, turning normal functioning bone marrow into useless fiber cells. The medical dictionary states that its origin (etiology) is unknown.

By the time Bob Owens was 58 years old he had suffered for many years from constant bone pain. This started on his return from Viet Nam in 1970, after he had been exposed to Agent Orange along with other toxic materials. For many years, during the 80s and 90s he only took aspirin. However, when he reported to the VA Hospital, he was prescribed 3,000 mg /day of Ibuprofen for pain relief. He actually took this huge amount for 1-2 years until it finally severely damaged his stomach. Meantime he was

also diagnosed with lupus, and some time later, with fibromyalgia. His skin was also sick: it blistered, scabbed, flaked and was scaly. He finally stopped taking Ibuprofen. He also tried creams and "stuff." In spite of his damaged stomach, his constant pain and his damaged skin, he never stopped working. He had joined the carpenter's union and worked in carpentry, a very toxic occupation with its solvents, glues containing formaldehyde, chemically treated wood and more. In 1996, he quit carpentry and went into pipe welding—no less toxic—till September of 2006—all this time suffering with whole body pain; all his joints and bones were constantly hurting.

Finally, one day as he was going to bed for the night, he noted that there was a large bump on his left side. This sent him to a doctor who found that Bob's spleen was hugely swollen. Although he looked at it, the doctor did nothing! Shortly after that, Bob "crashed." He was in so much pain he was unable to get up and work. The swelling that was his spleen was still more severe, and his spleen went from his pelvis to his rib-cage. His wife, Judy, says that he looked grey. Of course he was severely anemic since his bone marrow, turned largely into scar tissue, was unable to produce red blood cells!

Bob was finally diagnosed adequately by a doctor in a cancer hospital in Columbia, Missouri who did a bone marrow biopsy. That hospital, the Ellis Fischel, a part of the University of Missouri complex, specializes

in cancer. On recognizing and re-confirming that Bob was suffering from myelofibrosis, he suggested a drug, Thalidomide (!) which had a less than 30% chance of reducing the swelling of the spleen within six months but which also had very severe side-effects. Bob declined to take the drug. In that case, the doctor said, there was nothing he could do, that Bob should go home and get his affairs in order. Nevertheless, he suggested that Bob return for another check-up in three months. When Bob did come back, the doctor was amazed that he was still alive!

Finally the Owenses heard of the Gerson Caregiver training and attended the October 2006 session in San Diego. Amazingly, from almost the first enema Bob ever took, after overcoming his natural resistance to such a procedure, he was virtually free of pain—the first time in some 30 years! While Bob had started on the Therapy a little earlier on his own, he went to the Mexican Gerson Hospital in December 2006. Now, a little over a year since he started on the strict Therapy and he feels very well. For the first time in a long time, Bob has *no pain*, and Dr. M. tells him that his blood test is almost entirely normal. His bone marrow is miraculously producing the needed cells again.

Bob and his wife tell us that they were delighted that they went to the Caregivers Training before they went to the Hospital, since they knew roughly what to expect and how to set up their house for the Therapy when they got home.

Bob tells us that his swollen spleen is down by about 50% but there is still a ways to go. We are not claiming that he is cured, but he is certainly on the road to a total recovery.

"Unfavorable Drug Studies Don't See Print"

excerpted from The Epoch Times,
Jan. 24-30, 2008

The above headline is also taken from the January 24-30, 2008 edition of the weekly paper *The Epoch Times; Southern California Edition*. It appears adjacent to the article describing Big Pharma's campaign to drug children! (see next page).

"A third of antidepressant drug studies are never published in the medical literature and nearly all happen to show that the drug being tested did not work, researchers reported. This is a statement by the Research Team led by Erick Turner of the Oregon Health & Science University. It continues, "And in some of the studies that are published, unfavorable results have been *recast* to make the medicine appear more effective than it really is." This was also published in the respected *New England*

Journal of Medicine. The authors further state, "The idea that unfavorable test results get quietly tucked away so nobody will see them—sometimes called the "file drawer effect"—has been around for years!" The Turner team was able to study the question because the U.S. Food and Drug Administration (FDA) has a registry in which the companies are supposed to log details of their drug tests before the experiments are begun. This information showed which

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The last marketing frontier

Big Pharma's Push to Drug Children

from *The Epoch Times; Southern California Edition*, January 24-30, '08

It has long been evident that "Big Pharma" has saturated their primary marketplace with their dangerous and toxic drugs. They have drugged adults, seniors, people with supposed psychological disorders—and now the only way to increase their sales share is to take business away from another drug company or to find a new disease not served by current medicines, not an easy task when all the other manufacturers are trying to do the same thing. Now, however, the marketing geniuses at the pharmaceutical companies have found a huge, lucrative new and relatively untapped market: children.

The headline (title of this article) was taken directly from the January 24-30, 2008 edition of *The Epoch Times; Southern California Edition*, a weekly newspaper. The story covers an interview between Martha Rosenberg of the staff of the

Evanston Round Table and Dr. David Healy, professor in the North Wales Department of Psychological Medicine, Cardiff University in Bangor, Wales, U.K.

Martha Rosenberg asked the Professor, "In your medical journal articles, you have suggested a profit motive for the doctors and academics who promote psychiatric "diseases du jour" such as panic disorders and social anxiety." [The paper referred to is *Pediatric Bipolar Disorder: an Object of Study in the Creation of an Illness*" also of the Department of Psychological Medicine at Cardiff University in Bangor. "Bipolar Disorder" is described as a psychological disorder with strong variation in the subject between severe depression and unusual 'highs'.]

Dr. Healy replied that the condition is usually reported by third parties without consideration of the child's influences at school or at home. In the 'old days,' these were readily tolerated, especially by grandparents. The doctor further states that we are presently so oriented toward testing norms and rating scales that deviations are

'medicalized' and assumed to be pathological! The older generation usually had a more accepting perspective and correctly ascribed highly active behavior as a common childhood activity. Dr. Healy also said, "It is not a coincidence that pharmaceutical companies consider grandparents a barrier to getting children on psychoactive drugs."

It is also probably not a coincidence that in the majority of the all-too-frequent cases of children taking guns to school and murdering their classmates and/or teachers, the shooters were on psychoactive drugs, whose **predictable** side effects (according to the Merck Manual) are "violent psychotic episodes"! Dr. Healy continues: "Pediatric bipolar disorder is now so entrenched as a catch-all diagnosis, it is cited by women who say the baby kicked too much *in utero* ..."

Naturally no mention is made of the research that has clearly linked hyperactivity and depression to faulty nutrition! Nor is it mentioned that many very young children, under six years of age, are placed on psychiatric drugs that have **not** been tested on children of that age range.

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An Especially Good Day at the Clinic

by Charlotte Gerson

Some time ago, a lady who had been involved in hospital work, asked me how I could stand to work in a cancer clinic. She thought it was such depressing and discouraging work to see terminally ill people, mainly cancer patients, all the time, suffering and dying.

I answered, "On the contrary. It is the most wonderful thing you can imagine to see people arriving at the Gerson clinic, in terminal condition, having been given a hopeless prognosis by their doctor—then improving and on the way to recovery! In almost all cases, they get relief from pain, see tumors receding, and hope returns. Most importantly, they see other patients improving similarly, able to eat and drink again, able to sleep without drugs, gaining weight if they are emaciated, losing weight if they are obese—in other words, it is a powerful healing environment. I have never felt that I might be 'sacrificing my life' giving my time to this work; I love the work and always get a big lift out of my day in Mexico.

Still, sometimes, the excitement is extraordinary; the results almost incredible even to the trained Gerson doctors who are accustomed to seeing "miracles."

Last Wednesday, Feb. 13, was just such a day. A little less than three weeks earlier, Margaret had arrived, pushing 70, suffering from pancreatic cancer, in pain, unable to eat or drink, extremely weak, unable to take enemas and her mouth and throat full of thrush (a very painful *Candida albicans* infection)! She was bedfast, looked as

though she was dying, hardly able to take notice of her companion, visitors or her doctor. Incredibly, with Dr. Pedro's expertise in handling advanced cancer patients, before she left, she was up and about, walking to the dining room, filling her plate, eating and drinking, her mouth clear, taking her prescribed enemas—and free of pain!

This also had a tremendous beneficial effect on the other patients and, frankly, neither the doctors nor I had expected her to be able to respond.

Another patient, Robert, not quite 60, had a tumor on the side of his neck that threatened to block his breathing. He admitted that in the course of his life, he had not only smoked up to three packs a day starting at age four by stealing cigarettes from his father, but had also used many street drugs. In spite of this enormous drug damage, the tumor was reduced, and he maintained that he "felt better every day" by the time he left two weeks later.

And then there was Suzanne, in a wheelchair. She was suffering from rheumatoid arthritis which, she said, she had been fighting since birth, due to her mother's participation in an experimental drug trial! Nevertheless, she leads a surprisingly normal life, is married to a lovely man and has three children. As the joints in her hands became more and more swollen and stiff, she even massaged them herself to keep them reasonably usable. When walking became too painful some 20 years ago, she landed in a wheelchair. She fought the wheelchair, but

finally the pain forced her to surrender. The last time she had been able to stand up, she told us, was when she gave the eulogy at her mother's funeral five years ago. Since then, all her joints were seriously swollen and so extremely painful that she was unable to stand the pain in her knees if she tried to stand up. Her toes, ankles, knees, hip joints, her spine, shoulders, hands and arms—every joint in her body was swollen and painful. Despite the lifetime of excruciating pain, Suzanne is in constant good humor, kind, considerate, does not complain, but always has a smile for others.

Suzanne and her husband planned a two weeks' stay at the Gerson hospital. During that time, her knuckles and fingers lost much of their swelling, and miraculously, the severe swelling and pain in her knees eased; her ankles were reduced almost to normal size—something she hadn't seen in years, and she was tremendously encouraged. They decided to extend their stay at the hospital for another week. At that point, with the pain further reduced, Dr. Pedro gave her some exercises for her hands to strengthen and reshape her twisted fingers. She was able to do those exercises. In addition, before her next week was up, she was able to stand up and take a few tentative steps out of the wheelchair, something she had not been able to do that for the past five years. Suzanne is now well on her way to be able to walk again.

With experiences like these awaiting me every time I go to the Mexican Gerson Hospital, I am always delighted, energized and eager to make rounds and visit with the patients.

Unfavorable drug studies ...

continued from page 7

experiments were approved and were ultimately published in the medical literature. "It tells you where they placed their bets before they saw the data," Turner said in a phoned interview.

There were a total of 74 studies reported for the 12 antidepressants with 38 producing positive results for the drug. All but one of those were published. The 36 studies with negative or questionable results as found by

the FDA, three were published, and 11 were 'turned around' so that they seemed positive. Other negative studies were changed to sound positive, the team reported.

Of the seven negative studies done on GlaxoSmithKline's Paxil, five were never published, and the other two also didn't reach print. There were five studies for Pfizer's Zoloft, three of which that showed the drug to be ineffective were not published and a fourth was ruled "questionable" by the FDA and was 're-written' to sound as though the

drug worked.

In my opinion, whether or not the drug worked may be important—but much more serious are the untold and unpublished serious side-effects. These are not available to the public, but are published in the "PDR", the Physicians Desk Reference book. It prints the results of all the drug companies' studies. A long list of warnings and side-effects follows the description of every drug. Many of these side effects are mentioned in drug ads on television.