



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

MDs Paid Millions to Dispense Drugs

by Charlotte Gerson

On May 9, 2007, the *San Diego Union-Tribune* carried the above headline on the front page. The article was authored by Alex Berenson and Andrew Pollack.

The authors were reporting specifically on two of the world's largest drug companies (Amgen and Johnson & Johnson) who reportedly pay hundreds of millions of dollars to doctors every year for patients being given anemia drugs [and others]. These payments are legal (!) but their size is staggering. The payments are also being criticized since they encourage physicians to prescribe the drugs at levels that would be unsafe and increase patients' risks of heart attacks or strokes.

Industry analysts estimate that these payments to oncologists and kidney dialysis doctors total hundreds of millions of dollars. They are being used by the above named pharmaceutical companies, who compete for market share, as incentives.

According to documents given to *The New York Times* "at just one practice in the Pacific Northwest, a group of six cancer doctors received \$2.7 million from Amgen for prescribing \$9 million worth of the

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Roger Wilson—Melanoma

Not Too Old to Heal!

by Charlotte Gerson

Just a little while ago, we talked to Roger Wilson, now 86—and boasting that in November of this year, he'll have his 87th birthday.

Sometime over two years ago, Roger noticed that there was a little rough spot on his ear. One day, after a shower, as he dried himself, the rough spot came off—however very shortly, it grew back and it was larger. A doctor in his hometown in Ohio "numbed it to biopsy it," Roger continues. When the anesthesia wore off, he had the most severe pain he had ever experienced. Also, the 'spot' started to grow larger. The report on the biopsy came back: melanoma. Roger received that news in June of 2006. When the spot kept growing and started to cause him pain, the doctor and his nurse warned him, saying it would spread to his ear, face and jaw.

Roger already had the Gerson book and had some understanding of the Therapy. He started to drink carrot juice, did four to five coffee enemas every day and stopped consuming animal proteins and sweets. He did not have the Gerson supplements. Interestingly, he found out that a mild pack with a cloth soaked in hydrogen peroxide relieved the pain. On this minimal therapy,

the tumor stayed dormant for eight or nine months.

However, by March of 2007, it grew bigger and really "took off," reports Roger. Not only that, but a new, second tumor began next to the first one, and the pain increased to the side of his face and into his neck.

That's when he called the Gerson Institute to make an appointment to enter the Gerson Clinic in Mexico. Roger's family was completely against his projected trip to Mexico. His daughter-in-law, working in a medical establishment, warned him that it was dangerous and unsanitary! So powerful was the opposition that nobody in his family would even see this 85-year-old man off at the airport!

Roger arrived in Mexico in June 2007. He was delighted when he arrived, finding a very nice place with flowers and fountains, and "spotlessly clean." His general condition was not poor, so he was able to do the full intensive Therapy: juices, enemas, supplements and all. Still, by the time he left the clinic after three weeks, on the 19th of July, nothing much had happened. He also

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MDs Paid Millions ...

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company's drugs last year. (2006)" The report prepared by the FDA scientists said "no evidence indicated that the medicines either improved quality of life in patients or extended their survival, while several studies suggested that the drugs can shorten patients' lives when used at high doses." The drugs involved are Aranesp and Epogen, from Amgen, and Procrit from Johnson & Johnson and are among the world's top-selling drugs with total combined sales of \$10 billion. "In the United States, they represent the single biggest drug expense for Medicare and are given to treat anemia caused by kidney disease or cancer chemotherapy."

There is a tricky legal basis to this problem: Federal laws forbid drug companies to pay doctors to prescribe medicines given in pill form and purchased by patients from pharmacies. However, the same companies can rebate part of the price that doctors pay for drugs which they dispense in their offices as part of their treatment. Since the anemia drugs are injected or given intravenously, in physicians' offices or dialysis centers, the drug companies can sell these drugs cheap and the doctors make additional money by dispensing them in their office aside from getting a hefty rebate. On top of this, doctors also receive reimbursement from Medicare or private insurers for the drugs, often at a mark-up over the doctor's purchase price.

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.

Probably as a result of these practices, "U.S. patients receive far more of the anemia drugs than patients elsewhere, with dialysis patients in this country getting doses more than twice as high as their counterparts in Europe", state the authors of the article.

We have to remember that one of the brilliant signers of the Declaration of Independence, Benjamin Rush, M.D., wrote with far-seeing wisdom:

Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship. To restrict the art of healing to one class of man and deny privileges to others will constitute the Bastille of medical science. All such laws are un-American and despotic ... The Constitution of the Republic should make special provisions for Medical Freedom as well as Religious Freedom.

As we know, this important suggestion was defeated and did not get into the Constitution. We are now suffering the consequences.

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Roger Wilson, melanoma ...

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reports that the driver who took him back to the airport in the U.S. stated that he likes to do the driving for Gerson patients because they never complain about their treatment there. When he drives for other Mexican clinics, he gets complaints from all but one other treatment center.

On September 12th (Roger remembers the exact date) when he dried himself off after his shower, the original tumor fell off into his hand and he noted that new, pink skin covered the old spot. The second tumor fell off the same way by the end of October! (We reported Roger's telephone call in *Healing Newsletter*, Vol. 23, No. 2).

Roger stays as close to the Therapy as

he is able with somewhat limited organic produce available in his area. He works some 12 hours a day with good energy and is feeling well. He still takes two or three enemas daily.

Roger also very kindly offered that he would be willing to talk to any person who might consider going to the Mexican Gerson clinic, to encourage and reassure them. His telephone number is (419) 363-3934.

In the last *Newsletter*, we offered the new documentary, *Healing Cancer from Inside Out*, for \$17.95, or three for \$29.85. We neglected to add, "plus postage". We apologize for the omission, and will be charging postage in addition to the price for the DVDs.

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ANOTHER DOCUMENTARY HIGHLIGHTS THE GERSON THERAPY

Australia, 19 May 2008—A provocative new documentary called *Food Matters*, set to launch globally on May 30, aims to further jolt the trillion dollar worldwide so-called 'sickness industry' by declaring a range of scientifically verifiable solutions for curing disease naturally.

Nutritionists turned filmmakers James Colquhoun and Laurentine ten Bosch, have produced a bold film based on a challenging and potentially startling message; that with the right kind of foods, supplements, and detoxification processes, we can prevent, arrest, and even reverse chronic illness.

"This film will shatter the belief fed to us by modern medicine that there is 'a pill for every ill'," said Colquhoun. "We're not suggesting that pharmaceutical drugs don't have their place, we're saying that our overburdened health care practitioners

perhaps do not have the time to educate people about alternative treatments and healthy living."

"There are simple lifestyle changes that we as individuals can make to start reversing the increasing levels of serious illness," said ten Bosch.

At a time when our struggling health system is under review and global health care reform is urgent, *Food Matters* brings together the world's leaders in nutrition and natural healing to present astonishing new claims about ways to treat depression, obesity, alcoholism, heart disease, cancer, dementia, and a host of other debilitating conditions, without the need for drugs or surgery.

Can high doses of Vitamin C really cure cancer? Can two handfuls of cashews provide the therapeutic equivalent of a prescription dose of Prozac? According to one

of the film's contributors, author and therapeutic nutrition specialist with over 30 years experience in natural healing, Andrew W. Saul, these claims are entirely viable.

Saul says that our health care systems are in fact disease care systems, and that there is no money to be made in reducing levels of sickness and disease. He states: "Good health makes a lot of sense, but it doesn't make a lot of dollars."

Another of the film's expert commentators, Charlotte Gerson, founder of the Gerson Institute which is dedicated to healing and preventing chronic diseases using natural therapies and has helped improve the lives of countless cancer patients using the Gerson Therapy, claims that a normal, healthy body has such powerful defences that it cannot and will not develop cancer

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Supporting Your Local Farmers

Local and/or Organic

by Susan Duniphin, Gerson Chef

The little voice in our head that talks to us can be trained to speak kindness, to speak healthy thoughts, to lead us towards right action, and to become silent.

When I first encountered the Gerson Therapy my mind would not stop asking questions.

Being faced every day with so many decisions can be exhausting. Differentiating between healthy choices and not-so-healthy choices can also be a challenge. Where do we start? Those of you reading this *Newsletter* have already taken that first all-important step. By learning the Gerson Therapy guidelines, you understand what you should eat to heal yourselves and those you care about.

I would like to propose one more question, and an answer, that should be involved in this journey that you have begun. Which is more important local food or organic food?

I often wonder how many of us put forth an effort to find our local farmers, and once we find them, have talked with them regarding what types of pest control and fertilizers they use. I believe that many small farmers get into the business of farming not to make money but because they have a desire to cultivate a close relationship with the earth. The passion to become a small farmer often leads these individuals to learn about and use organic and sustainable farming practices. Using and becoming dependent on pesticides and chemical fertilizers often does not make good business sense, nor does it allow for that connection between the farmer and the land.

At the Gerson Institute, we are often asked the question, "But what if I can not find organic produce? I live in Minnesota and I can't always get organic produce. How important is organic produce?"

Organic produce is *very* important, but more important than having a sticker that says "organic" is searching out *local* organic. Produce that is both local *and* organic and has traveled a short distance from small farms in your area is far more important

than industrial organic, with its fancy sticker. Most small farms cannot spend the money, the time, nor have the desire to become certified organic. They develop and maintain a reputation with their customer base that can be more relevant to their business than an actual organic certification. While they may not be selling in quantities that make it practical to obtain the certified organic status, they do often employ organic and sustainable practices nonetheless.

This is the produce you want to be procuring and consuming. These are the people that you want to be supporting. These farmers want your support and if you reach out to them, more often than not, they will go out of their way to get their produce to you.

Which leads me to my next question. "You are on the Gerson Therapy, how do you find the time to go to farmers markets?" Maybe you won't have to find the time, and maybe it will come to your doorstep. CSA stands for Community Supported Agriculture, if a local small farm does not participate in the CSA program ask them to start their own

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Healing Environmental Disease

by Charlotte Gerson

It is interesting and ironic that environmental disease is not recognized in Taber's *Cyclopedic Medical Dictionary* or defined as a disease. Yet, with over 80,000 toxic chemicals in our environment that never existed 200 years ago—and that includes the air, water, soil and food—an increasingly large number of people suffer from a wide variety of symptoms. Gulf War Syndrome is one of those diseases that even has a name—but is not recognized as a disease condition by the government's medical authorities.

In most cases, the symptoms of environmental disease include: allergies, skin rashes, depression, headaches, muscle weakness, inability to absorb food, irregular heartbeat and suicidal thoughts. Actually, sufferers find it almost impossible to live anywhere in comfort, so all too often suicide seems to be the only way out. (In fact, many Gulf War veterans have committed suicide.) Doctors don't help; drugs to relieve one or more of the symptoms are tried and found unsuccessful. Since all drugs are toxic, these eventually worsen symptoms. Prednisone can help temporarily but eventually adds to the problems.

The Gerson Therapy is often assumed to be a cancer treatment. The reason is that Dr. Gerson was so successful in healing even advanced cancers that he called his last book *A Cancer Therapy*. He believed that cancer was the ultimate breakdown of the body's defenses so that, if this disease was curable, so was just about every other chronic 'incurable' disease. He explains at the very beginning of his book that his Therapy is not only a cancer treatment, but helps to restore the body's ability to restore its healing ability, thus overcoming all chronic diseases.

To illustrate, we will relate the case of one such patient, Faye Joseph, who has kindly given us permission to use her name so that others may contact her. She is anxious to help fellow sufferers. In order to do so, she has spent a great deal of time and effort to describe her worsening condition and her eventual recovery in a book which will be

published within the next few months. Of course your *Newsletter* will carry the good news when the book becomes available.

It is very difficult to summarize the symptoms of "Environmental Disease" (now often abbreviated as E.D.) because they are so varied. But they all boil down to one problem: the toxic environment. Chemicals are so abundant and ubiquitous that when the body's defense, its immune system, is damaged or weakened by diseases, various surgeries, constant exposure to toxins from work or profession, consumption of "fast foods" or otherwise drugged and damaged processed food—it is overwhelmed and responds violently to further assaults.

Faye was a vigorously healthy person until she had cancer surgery: a mastectomy. This was followed by a silicone breast implant. Shortly thereafter, she first noted symptoms of pain and distress. She then felt it would be best to have the implant removed—with more surgeries. At the end of the fifth such surgery, she began to experience strange symptoms: horrible crawling under the skin of her scalp; pain down her legs, tightness around her head and severe swelling—which did not abate with antibiotics. So stronger antibiotics were prescribed, also without effect. Naturally, with the many surgeries, she had received numerous drugs: tranquilizers, anesthesia, pain killers and more antibiotics.

Her pain continued for a year and soon included a burning sensation at the hairline. This eventually produced a receding hairline. New symptoms included serious sensitivity to noise and smells, including perfume. Faye searched desperately for help, but the doctors had no answer, nor did alternative practitioners provide relief. Throughout the 1970's, she had arthritis, rhinitis, hay fever, severe migraine-type headaches, waking up at nights with teeth chattering, panic attacks, sudden flushes, tingling and heart fibrillation.

She encountered disbelief from doctors and nurses, who added the insult: it's psy-

chological; see a psychiatrist. In fact, her difficulty was very much physical, but Faye was not the type who liked to complain, particularly since she had never been troubled by illness or pain and certainly didn't enjoy the experience. The drugs that she was prescribed continued to worsen her symptoms, which were almost too numerous to describe. We discuss them here only because Faye later found that most of the other people she encountered in the course of many years of struggling with the terrifyingly serious and intensifying effects of the chemical influences had similar or even worse symptoms. Dental anesthesia almost killed her already overly toxic body. More than once she passed out or was close to it.

Originally, Faye had been raised as a Christian Scientist until, at one point, she suffered a serious infection that brought her close to death. Virtually at the last moment, a doctor saved her life with antibiotics. She then abandoned Christian Science but still found no doctors who could tell her what was wrong.

In the 1980's she tried acupuncture, herbal treatments, long walks—but nothing helped. On the contrary, since her symptoms now also included weakness, she was unable to go very far. By the end of 1982, she tried a dowser for geopathic radiation. Dowsing, finding energy lines in her apartment, failed. She tried to get away from those energies by moving—but found no improvement. By this time, she also suffered from mouth sores and spotty rashes. Her feet developed bleeding cracks and she needed special shoes to be able to walk at all. Her most worrisome symptom was the recurring heart fibrillation.

As other people we have encountered who suffer from environmental disease, Faye was close to giving up and her thoughts were suicidal. She couldn't see how she could continue to live in this permanent and increasing distress, unable to travel since she would encounter hotel rooms with toxic damage that made her nights a true "nightmare," and her airplane rides hours of torturing migraines.

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Half a Therapy: It's NOT Enough

by Charlotte Gerson

In the course of the last few months, I have encountered too many situations of patients who complain that the Therapy is not helping them. Since these same patients, while they are at the Mexican Gerson Clinic, respond extremely well, I have to guess that they are not following all the directions. And I investigate—asking many questions.

Sure enough, most of them have a problem with compliance. Yes, we know, the Gerson Therapy presents the patient with an entirely different life-style. [Frankly, if it did not, if they carried on just as they had, their disease would also progress as it had.]

I ran across the following problems, not all in the same patient:

The patient is not aware that in view of fluoride in their regular water, they must not bathe or shower in it. The warm water opens pores all over the body which absorb very large amounts of fluoride. This in turn, negates the Therapy by reducing the thyroid and thereby the immune system. The patient then claims that they use a shower filter, which, as specifically discussed in our information books, **does not remove the fluoride**, despite salespeople's claims.

Several patients, upon being questioned, state that they have not followed up with the doctors in Mexico. When they leave the clinic, they are urged to phone new test results and get new directions as to their medication. In Dr. Gerson's book (p. 235) as well as in the new *Healing the Gerson Way*, p. 197, the charts show the general reduction of medication, adjustment of enemas, juices, etc. A number of the patients, including one Ph.D., admitted that they just carried on as they started without paying attention to any changes. The Gerson doctor alters the medications when he receives new test results to adapt to the patient's condition. Interestingly, patients who had not spent time in Mexico, study the books more carefully and do not just carry on without paying attention.

One patient (we shall call her Carolyn) admitted another problem: she knowingly 'cheated'. She stated that "once in a while, she would go out into a 'coffee shop' and

take some of the offered tempting goodies." We shall discuss her further below.

The resulting problems of the above "mistakes" were as follows: The patients did well for the first three to four months; tumors and pain were reduced or cleared; but then they complained of new pain, tumor growth, and negative test results. Occasionally, they then consulted the doctor at the Mexican hospital; but some of the time, they reverted to their prior, allopathic doctor. Surprisingly, even after as much as five to seven months, even with poor test results and poor well-being, the Therapy had produced some good response. We'll study Carolyn's report:

Carolyn was suffering from breast cancer. She had arrived in Mexico with a relatively small tumor in her breast and hoped that, with the natural Therapy, she could avoid surgery, specifically a mastectomy. Her tumor softened and responded at first, but soon, it started to grow. After some six or seven months, it had grown considerably to almost four times its original size. Not only that, but she could feel five new tumors! When she then called Mexico, not surprisingly, the doctor suggested surgery, with the appropriate preparation. She had the surgery and this is her report:

"I had a mastectomy in early May. It went better than expected, and I was not affected by the drugs. My recovery is remarkable. The pathology report came through, and the surgeon was very surprised: Nothing had spread to my lymph nodes. The surgeon was certain that it had. He said my

case was very unusual and said I was doing so well because of my Gerson program. He also stated that my husband and I were intelligent people! The surgery report came back stating that all the margins were clear, and just one of the tumors was malignant. He had expected that all six were cancerous, but five were calcium deposits and there was no spreading to the lymph nodes. We are very grateful for our work with the Gerson Therapy during the last six months on the program."

Frankly, I am newly concerned. When a patient is told that there is no cancer left in the body, he/she is tempted to assume that a cure has been obtained and the Therapy is no longer needed. That is a serious mistake. While the modified Therapy as applied by this patient helped to keep the cancer from spreading, it did not heal. Therefore with the partial application of the treatment, the immune system, the liver and the entire "healing apparatus" (as Dr. Gerson called it) is not restored. If the patient now stops the Therapy and goes back to her original life-style, because the surgeon states that she had clean margins and no spreading, the cancer is sure to come back! Now Carolyn has to return to the full Therapy to restore all her body systems, rebuild her defenses and truly heal. It may be difficult but it is essential if she wants to remain well. It may even take as much as the original requirement: a full two years! She may be disappointed that the six months on the partial treatment didn't cure her, but it did help her to keep the cancer from spreading.

Of course, the same applies to the other patients who did not recover because of the careless application of the treatment—but probably had a partially positive response.

The final point of this article is a warning: When you embark on the Gerson Therapy, study it completely and do it carefully especially if you are suffering from cancer. It will not work if it is used only as a "partial" Therapy, and you may be wasting a lot of time and work—and in the end, you may have to start over again.



San Diego Council Meets on Water Fluoridation

by Charlotte Gerson

On Tuesday, June 10th, the San Diego Council held a meeting to hear both sides of the issue relating to fluoridating the public water supply in San Diego. The State of California had already mandated that all public water should be fluoridated “in order to protect the health of children’s teeth.” However, since both the State and the City are bankrupt, the actual fluoridation was slowly instituted starting in the north and now funds were being made available to fluoridate water all the way to the San Diego area.

In order to push fluoridation, in almost every case, the powerful pro-fluoridation interests make serious preparations. For one, it became clear that a good deal of money was spent to assure the favorable vote of the council. In addition, the council paid a media representative \$6,000 to prepare a fancy presentation for the public.

I was requested to attend. Specialized consultants, several of whom were dentists, sounded quite alike. The appeal was for the children of the poor, in particular, whose parents could not afford proper dental care and who often suffer from serious dental disease. In every presentation, one phrase was heavily stressed: fluoridation is **safe and effective**. The five or six proponents were given some ten minutes for their say, as were three opponents. These consisted of one retired biological dentist who showed that fluoridation is not only ineffective but that it consists of adding “hydrofluosilic acid, a powerful poison, ranking just below arsenic.” No manufacturer of this chemical will state that it is safe! One of the other opponents was Jeff Green, from “Citizens for Safe Drinking Water.” He showed that fluoridation is not only unsafe, but that legal problems would make it illegal to use the funds that were made available. Another presenter sounded the problems of “neither safe nor effective!” Other opponents from the public,

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Local and/or Organic ...

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CSA program in your community. To find out more about CSA farms go to this link <http://www.localharvest.org/csa/> or talk with your local farmers.

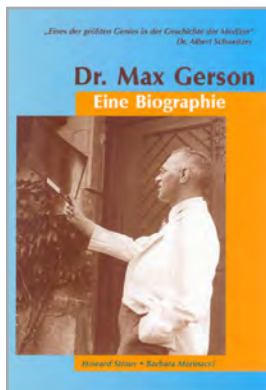
If you are not connected to the World Wide Web then go down to your local grocery store and talk with the department manager in charge of ordering produce. If the store does not sell organic ask them what organic produce they can get. All grocery stores have the option to buy some organic produce, however they might not be choosing organic because they may not feel that the demand is out there.

Another great way to get more organic produce in your area is to co-op with your neighbors and place bulk orders. If you reach out, more often than not, a store will work with you. Keeping their customers happy and supplying what they want is key to what they do! But keep in mind that you may have to do some of the legwork. And if you are not feeling up to it then find a friend or family member to help. Pay them to do the research because in the end it will pay off. Buying in bulk is less expensive and less time consuming. Below is a list of Gerson items that could be bought in bulk. Remember that you can share so that you don’t have to store a whole case of each of these items at one time.

Food Item	Bulk amount typically sold
Green Apples	Case or 40 lb. box
Potatoes	Case or 40 lb. box
Carrots	25 or 50 lb bags
Onions	Case or 40 lb. box
Oatmeal	25 or 50 lb. bags
Peppermint Tea	Bulk Leaf or Boxes —12/cs
Chamomile Tea	Bulk Leaf or Boxes —12/cs

Gerson Biography Translated to German

by Howard Straus, Editor



On May 21, 2008, we had the great pleasure to receive in the post a package from Germany containing a copy of the first foreign language translation of *Dr. Max Gerson: Healing the Hopeless*, our biography of Dr. Gerson. The publisher is AKSE-Verlag in Wörthsee, Germany, (<http://www.akse.de/shop/index.htm>), headed by a Gerson-trained practitioner,

Dr. Wolfgang Gerz.

We are particularly proud of this volume, as Dr. Gerz did a beautiful job of the translation, design and printing, resulting in a very high quality hard-cover volume. His translator, Dr. Margot Menzel of New Zealand did a fine job translating the text, and Silvia Pohl did a very attractive layout as well.

We have since received a shipment of books, and are pleased to offer *Dr. Max Gerson: Eine Biographie* for sale at the Gerson Institute’s webstore. The one little fly in the ointment is that, due to the currency values, the book retails for \$59.95, plus shipping from the Gerson Institute. The price in Europe from AKSE is EUR 39.00.

It is fitting that Dr. Gerson’s story has finally been published in the country of his birth, where his initial great discoveries were made, and where his reputation as a meticulous scientist was established.

Pain Control

by Charlotte Gerson

All over the U.S. there are “Pain Clinics” to deal with the ever increasing problem of pain. On June 4, 2007, *Newsweek* carried an extensive article titled “*The Changing Science of Pain*”, by Mary Carmichael. We are quoting many of the statistics on pain from that article.

“Chronic pain is one of the most pervasive and intractable medical conditions in the United States, with one in five Americans afflicted. Aging baby boomers have reported in surveys more aches and pains than any previous generation.” This doesn’t include cancer patients, athletes and sports figures, and patients suffering from a large array of chronic diseases, i.e. arthritis, fibromyalgia, migraines, etc.

Doctors and psychologists have tried many different methods to try to achieve pain relief. The first (and oldest one) is pain drugs, starting with morphine, and its derivatives. Aspirin and the many new over-the-counter drugs, are milder and often only help for a while until the problem worsens, and stronger agents are needed. But it gets much worse, as the article illustrates with one specific case: One lady, suffering from fibromyalgia, “had to go through nearly everything [before arriving at a set of drugs that helped]: antidepressants, anticonvulsants, muscle relaxers, acupuncture and *six operations* (italics mine) that probably made the pain worse.” We have seen that fibromyalgia yields almost immediately to the Gerson Therapy, with pain relief and total reversal of the problem in a matter of a few days. (See the *Gerson Healing Newsletter* Vol. 22 #6, Nov/Dec 2007.)

Many chronic pain sufferers have been treated with “nerve blocks” that either sever or block the nerve’s ability to conduct pain. These avoid the additional problem created by long term administration of morphine: addiction. The military is very anxious to avoid addiction. “Addicted Vietnam vets still wander into VAs, and, if they can’t get pain relief in the medical system, they’ll turn to other ways.”

While all kinds of methods have been devised for delivering morphine, such as skin patches that a patient can simply push to get a shot of the pain relieving drug seeping into his body, and there are also drug dripping agents that deliver the toxic material into the blood stream as the patient requires it, especially in the cases of cancer pain. At the Gerson clinic, we have occasionally seen patients who have become so severely addicted that they do not care to fight to recover. They just want their drug and sleep and get pain relief.

We do have an entirely different story to tell. Just last week (on May 20, 2008) two physicians accompanied me on rounds at the Mexican Gerson clinic. Out of the eight patients we visited, we were amazed that three told the same story: their very first coffee enema cleared years of suffering from pain! The above quoted *Gerson Healing Newsletter* article on fibromyalgia as well as a recent story of a returning Viet Nam vet who suffered for 28 years with intractable pain (having been given a huge assortment of pain relief pills) also obtained total relief from the pain with their *first* coffee enema. [An interesting aside on fibromyalgia, this is presumably a new disease! In my *Cyclopedic Medical Dictionary*, issued in 2001 by Taber, it isn’t mentioned at all.]

One other interesting result of detoxifying with coffee enemas: it raises one’s pain threshold. For instance, at the dentist’s, it is virtually unnecessary to take pain relief medication for his work on one’s teeth. Other patients report that if they do have cancer surgery (mastectomy), post-surgical pain is virtually non-existent; or, can be quickly relieved by just one coffee enema.

A mild warning, the result of a patient story: One day, out of the blue, a gentleman called the Gerson Institute, with whom he had never before spoken and couldn’t express enough the deep gratitude for the relief he got—with coffee enemas. He said that he had suffered from incredible itching for several years, had consulted doctors,

university clinics, and dermatologists; had been given unending numbers of drugs for relief of his problem. Nothing worked. Finally, he happened to run across the Gerson Therapy and thought that it couldn’t hurt. After the first enema, he had 12 hours of relief—but the itching recurred. So, he took an enema every 12 hours, in other words, two a day, and got total relief. He had spent over \$110,000 on useless medications and consultations while two simple coffee enemas a day worked! But that is not the end of the story! We warned him that if he didn’t change his diet and keep his body cleared and detoxified, the problem would come back.. He didn’t—and the problem recurred! Until he changed his diet to non-toxic, organic, vegetarian food, he did not obtain permanent relief.

New Documentary ...

continued from page 3

or any other chronic disease.

Aiming to step in where Michael Moore’s attack on the American health care system with the film *Sicko!* stopped short, Colquhoun and ten Bosch hope *Food Matters* will educate people about ways to prevent sickness, rather than encourage them to rely on a system already in crisis to treat symptoms once sickness takes hold.

“If we can help people become more aware of the choices available to them, they can start to reduce their reliance on the ‘sickness industry’,” explained Colquhoun. “It’s about education, not just medication. With access to solid information, people invariably make good choices for their health.”

To ensure the information in their film is available to as many people around the world as quickly as possible, Colquhoun and ten Bosch have taken a departure from traditional distribution models. The film will be available on DVD & for viewing online through video streaming provider ‘Vividas’, using the same technology as the smash hit *The Secret*.

Food Matters was produced in Australia and launches globally on 30 May, 2008.

You can see the trailer NOW at the film’s official website: www.foodmatters.tv

San Diego Fluoridation ...

continued from page 6

including myself, were each given 60 seconds for our presentations. Dr. Mercola had already shown that the entire Belgian Dental Association had agreed that when fluoride is ingested, it is "useless."

The NRC has warned that "doses of fluoride achievable by drinking fluoridated water can lead to loss of mental acuity, depression and weight gain," all problems of present populations. There is also a printed warning on every carton or tube of toothpaste that children under six must be supervised to be sure to spit out the used toothpaste—or parents "should contact their doctor or **poison control center** right away." There is also the scandal of Chester Douglass, Professor of Dentistry at Harvard University who suppressed the knowledge, discovered by his research assistant, Elise Bassin, that there is a "robust relationship between osteosarcoma (bone cancer) and young boys exposed to fluoridated water." Professor Douglass, it turned out, is a highly-paid consultant for Colgate, a heavy user of fluoride.

When this information was presented to the Council, they apparently listened with polite disinterest. When one of their members, Donna Frye, dared to raise questions regarding the safety and effectiveness of water fluoridation in the subsequent meeting, she was forcefully silenced by the other members!

Water fluoridation is **neither safe nor effective!** Some 63% of U.S. public water supply is thus poisoned. We strongly urge our readers in the U.S. and Canada to oppose water fluoridation any time it comes up for a vote! Several European countries, led by Belgium, are now banning fluoride in products and water, and Belgium is pressing for a Europe-wide ban.

There is another unrelated consideration: fluoridation is

continued on page 9

From the Mailbag ...

Dear Ms. Gerson,

I would be remiss if I didn't write to let you know of the extraordinary experience I had as a companion to Francine DeW. this past April at the Baja Nutrition Clinic.

The care and love was unending. I watched people broken in both body and spirit begin once more to thrive.

The hope was palpable, and it was no illusion. One woman who had been bedridden for eight months and on morphine walked about smiling and without *any* pain!

She was but one of a number of people who inspired me to the extreme.

As for Dr. Cervantes, he is to be commended. His vision, his love, and his unending support are as important as his wisdom of the Gerson Therapy.

And then there was your visit every Wednesday—your support, your lecture equipping each and every patient with the knowledge to help them live a long and happy life was a gift!

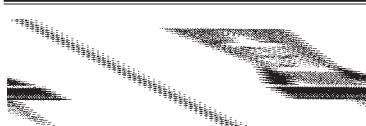
Sincerely, V.B.

Environmental Disease ...

continued from page 4

Finally, when she thought she had reached the end of her rope, her long-time friend, Beata Bishop contacted her and found out about Faye's serious problems. Beata, thoroughly recovered from her terminal melanoma on the Gerson Therapy, convinced Faye that she should at least try it. After some objections and some thought, Faye agreed and traveled to the Mexican Gerson Clinic in August 1985.

It was not a fast or easy recovery and took many months and serious healing reactions—but the detoxifying plus rebuilding her body had the desired effect. After a lengthy time, juicing and detoxifying produced the hoped for result. Now, many years later, Faye remains well, active, feeling normal and able to finish her autobiographical account of healing environmental disease with the Gerson Therapy. Her book is titled *Silent Enemy*.



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More On Vaccinations

by Charlotte Gerson

Our friends and readers will most probably remember a story we wrote up in our *Newsletter*, Vol 23, No. 1, of Jan/Feb 2008, reporting on the forced vaccination of kids in Maryland. In that case, armed police and attack dogs were used to intimidate parents in the effort to force them to have their kids vaccinated! Actually, there is no law that can be used, and the policies are plainly using Gestapo tactics!

The story was terrible to read but now additional details are coming out! Maryland State Attorney Glen Ivey refuses to vaccinate his own children with the same vaccines he compelled thousands of children to endure on November 17, 2007. (Find all the material on the Internet under "Forced Vaccination: State's Attorney Doesn't Vaccinate his Own Kids, Just Ours!" Nov. 26, 2007.)

Parents were threatened with jail time and fines. It gets worse: Many of the children vaccinated in this roundup had already been fully vaccinated; but the Prince George's County School System admitted they had lost their records! This meant that kids were being submitted to double doses of the poisonous mercury preservative, thimerosal. Parents were not told about the exemption that is available!

There is an ugly aspect to this story: Prince George's County School District is mostly black. The district would lose \$63.00 per child if they refuse to admit unvaccinated kids to the school! If 2,300 kids per day are not admitted to school, the state would lose \$144,000 in State and Federal revenue! So they force them to submit with snarling dogs and guns.

Another strange occurrence: A formal investigation has been launched by French authorities against two managers from drug companies GlaxoSmithKline and Sanofi Pasteur for manslaughter! The plaintiffs, who include the families of five people who died after the vaccination, have launched a civil action in the case against the drug companies.

(See the Internet: *Vaccine Companies Investigated for Manslaughter*)

Why are the Europeans more understanding of their rights while the Americans lie down without comment or fight? Dr. Joseph Mercola (M.D.) comments: In the United States, the hepatitis B vaccine is recommended for all newborns before discharge from the hospital. Let us look more closely at this folly: Hepatitis B is difficult to catch and is mainly transmitted via blood transfusions or sexual contact. It is therefore virtually impossible for a newborn to contract hepatitis B. Also, the supposed immunity from vaccination in 30 to 50% doesn't last more than seven years. By 12 years, more than 60% of vaccinated babies have lost their immunity.

However that could be the age when they might start to engage in risky behavior. In countries other than the U.S., the vaccination is given later in life, which makes more sense. This is not to mention that the vaccine is also associated with side effects such as multiple sclerosis and rheumatoid arthritis.

Remember that the drug companies are only interested in making money and not in your health. Use every possible way to avoid vaccinations for yourself, but especially for your kids! Keep them healthy and their immune systems strong with the right nutrition.

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San Diego Fluoridation ...

continued from page 8

wasteful! 99% of household water is used for washing, doing laundry, washing the car, watering lawns and gardens, bathing, and flushing toilets so that at most 1% of the fluoride reaches the children who drink the water. We are told that reverse osmosis (RO) will clear the water, but this is simply not true! The fluoride molecule is so small that it easily passes through the RO membrane. A woman was heard to suggest, "Just boil the water"! Fluoride is added as a solid and does not evaporate, so boiling the water **concentrates the fluoride!** Shower filters do not remove fluoride either, although some sales people claim it does.

Andy Lopez has made

Charlotte Gerson's Webcasts Available

by Howard Straus, Editor

As most of you know by now from looking at the Schedule of Gerson Therapy Events on the last page of the *Newsletter*, Charlotte Gerson speaks on Andy Lopez' Invisible Gardener show, both radio and webcast, for an hour the first Saturday of every month from 11:00am to noon Pacific time.

If you, like me, have missed these webcasts due to other fixed obligations at the given time, you will be glad to hear that Andy has just made "The Gerson Healing Hour" available at other times. Here are his instructions:

"Here is the way folks can get Gerson Healing Hour at times other than when she is doing her show live ...

"Folks can listen to Charlotte's show every night from 10-12 pm. They can listen the same way they listen to the live show. (The live show is available at www.invisiblegardener.com/andys_radio_shows.htm, and there is also a link to the Invisible Gardener website on www.gerson.org. Thus, you go to the link on Andy's home page, click on the "Radio Shows" link on the right hand side, and listen to the show as if it were live.)

"Folks can also get the free podcast which downloads the shows automatically: The link is www.invisiblegardener.com/podcast/podcast.html"

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-Howard Straus,
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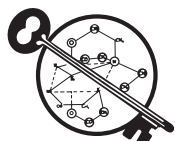
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Gerson Therapy Workshops, Lectures & Events, 2008

WWW.GERSON.ORG/EVENTS

Events are free, unless otherwise noted; some conventions require purchase of a pass to enter the exhibit and lecture halls.

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., Jul. 5 and Sat., Aug. 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.
Sat., July 19, 2008 (time to be announced)	Gerson Therapy lecture at CCS-Japan Chapter	Belle Salle Kudan, Kudan Kaikan Hotel, Tokyo, Japan	Howard Straus, Pres., Cancer Research Wellness Inst., Author, Publisher.	Frank Cousineau, President, Cancer Control Society, P. O. Box 4651, Modesto, CA 95352-4651, (209) 572-2393 * Fax: (209) 572-3922 Cell/Voice Mail (209) 613-5585. email: frankcousineau@sbcglobal.net .
July 21-27, 2008	One week session at Charlotte Gerson Health Restoration Center	San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Carol Beard, Susan Duniphin.	Dr. Kayla Smith, The Gerson Institute, Tel: (619) 685-5353 x127. email: ksmith@gerson.org . Please call for details, costs and availability.
August 15-17, 2008	Gerson Therapy Caregiver's 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 exact date, details, costs and availability.
Aug. 30, 31 & Sept. 1, 2008	Cancer Control Society "Alternative Therapies"	Sheraton Universal, Universal City, CA. Hotel Reservations Call (800) 325-3535	Charlotte Gerson. The Gerson Institute will have a booth on the convention floor.	Cancer Control Society, 2043 N. Berendo St., Los Angeles, CA 90027. Tel.: (323) 663-7801. Fee: \$40.00 per day for all events.