



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

A Successful Visit to Japan

by Howard Straus, Editor

We have recently returned from a successful and very interesting trip to Tokyo, Japan, having been invited to address the Cancer Control Society—Japan Chapter convention on July 19.

Apart from the interminable airplane trip and the near-100-degree humid heat in Tokyo at this season, the trip was very worthwhile. Not only were we well-received at the convention, but we got to renew old friendships, refresh more recent ones, visit with our two medical school professors, and address a forming Gerson Association.

The first order of business was to attend and speak to the 325 people at the Belle Salle Kudan hall, very near the Imperial Palace grounds in Tokyo. Mr. Frank Cousineau (CCS President) and Mr. Aki Moriyama (CCS-Japan President) had organized the speakers, the volunteers, the exhibit hall and audio-visual equipment so smoothly that they completely melted into the background. Everyone knows how prominent these can be if anything goes wrong!

Even my interpreter, Ms. Roxana

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Polly Emery—How I'm recovering from

Stage III Metastasized Ovarian Cancer

by Pamela Emery, Australia

It was July 2006. "My, you're looking nice and slim Pam." Not one but several people said it. How nice they had noticed, I thought. I had just had my fiftieth birthday in January 2006. For the occasion, I had run away with my husband, to a place called "The Secret Garden", to avoid being confronted with the harsh reality of turning the big "five-oh" on the grand scale, so often expected at such a milestone.

But by July 2006, I knew something was wrong. For one thing, one part of me was resisting all attempts to mould it to match the rest. While regular exercise tightened my thighs and hips nicely into shape, hence all the compliments, my abdomen remained taut, in fact it felt taut as a drum, and quite rounded. And then I began to realize just how deeply tired I felt. There were times I would suddenly feel felled, as if I might actually topple like a tree, and my appetite waned seriously. Then one night, a random kind of pain over my abdomen woke me. The next time it occurred though, about a week later, it didn't just wake me as I rolled on to my side but 'slammed' into me with such ferocity, I groaned loudly. Only then did I admit to myself a visit to the doctor was in order.

I was surprised to get the first appointment of the very next day, July 11, when I called my doctor's office the night before.

Once there, I rattled off my list of symptoms to Dr. Thomas as she examined me, thinking all the while about my mother. She had died not long before my seventeenth birthday, when she was 52, of ovarian cancer. Dr. Thomas said "There's something there", and without much further ado, sent me for a blood test and an ultrasound with a CAT scan scheduled for the next day.

I remember going through that day in a fog. I remember her saying "I'll call you later when I know the results of the ultrasound so you can stop worrying." Later that day, she delivered the findings of all the tests. "It is ovarian cancer", she said. And she added that my liver was almost certainly involved and shortly after that that her advice was that we should go and do all the things we had always wanted to do, because by the time of diagnosis, it was already "too late." My husband asked "Are you telling us to get our affairs in order?" "Yes," she said.

One of my first thoughts was "And how, pray tell, does one 'have fun', while waiting for the axe to fall?" We left her office in deep shock. The blood test CA-125 had revealed a count of over 600 and the ultrasound had shown bilateral ovarian tumors. There followed the CAT scan. Over the next few days, we watched our feet walk us to where we were instructed to go and kept saying to

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Japan trip ...

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Sonada, an old friend who had translated so well for us at two previous conventions, performed admirably, right through improvisations and expansions from the intended address.

Our lecture was very well received by the assemblage, many of whom were looking for real answers to their life-threatening disease. After the lecture, at least one woman came up to us in tears, grateful for giving her hope for life. Our booth in the exhibit hall was rapidly cleared out of material, but mostly material that was printed in Japanese! Our wonderful friend and supporter in Tokyo, Ms. Kyoko Ujiie, had brought boxes of Charlotte's first book, *The Gerson Therapy*, that she had translated to Japanese some years ago, and her own Gerson Therapy cookbook, both of which sold out in a flash. (Incidentally, shortly before the convention, Ms. Ujiie became Mrs. Abe. Congratulations, Kyoko!)

Right after the lecture, Dr. Takaho Watayo came up to the podium and asked Mr. Moriyama if he could speak for a few minutes. He then proceeded to endorse everything that we had just spoken of, "from the standpoint of a medical doctor." That had a powerful positive effect.

The next day, Dr. Watayo took us to a meeting of the newly-formed Gerson Association, founded by Mrs. Imamura and her sister. Mrs. Imamura is the widow of

Mr. Imamura, translator of Dr. Gerson's book *A Cancer Therapy*, into Japanese, died several years ago, ironically of lung cancer from heavy smoking. We spoke briefly to about 80 people, from a podium where both Prof. Watayo and Prof. Yoshihiko Hoshino were seated. Both look wonderful.

The two professors have built a 200-bed facility near Tokyo at which they intend to treat "chronic diseases" using the Gerson Therapy. At the moment, it is a somewhat reduced version of the Therapy, but we are working on them to upgrade their practice.

After a lovely visit to Hakone Spa, we arranged to meet some old friends. Miyako Sakamoto was my sister's au pair when they lived in London, and for a time in Northern Italy, before she returned to Tokyo. She is a fine painter of abstract and very colorful canvases, and teaches art in Tokyo. She was kind enough to show us around the famous Ginza district of Tokyo, a jumping area even late at night.

We then met with Takaaki Akagi, a young man who 15 years ago spent quite a bit of time following Charlotte around with a videocamera, documenting her meetings with patients, her lectures at the clinic, her seminars and patient testimonials. He even videotaped one of our own Power Nutrition seminars. It occurred to me that this collection of videotapes would be a goldmine of information to study for practitioners and Gerson scholars, and suggested that he make them available. He is also interested in doing some Gerson-oriented business in Tokyo, something which I hope comes to pass.

It should be clear from the above that there is considerable Gerson-oriented activity going on in Japan, and that the possibilities for widespread acceptance are increasing every time we go over there. To which we can only say, "Hurray!"

—Ed 

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Metastasized ovarian cancer ...

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each other "I can't believe it." My younger brother, with whom I'm very close, took leave from his mining job to spend the next two weeks with us.

But my husband is not one to sit on his hands! Over the following days, he spoke to at least two people from his client list, and one man in particular, who knew about The Gerson Therapy. He asked the man "*What would you do if it was your wife?*" He answered, "*Mate, I would send her straight to Mexico!*"

We went to see another doctor, Dr. Ivy Bullen, who specializes in cancer diagnoses and runs a Support Group which has weekend events at a country retreat called Balya. She was understanding and suggested I use a visualization technique to counteract the effect of being told my liver was involved. My

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GERSON® HEALING NEWSLETTER

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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.

SHADES OF GREEN — by guest columnist Silvana Procopio, Client Services

In our effort to minimize the Institute's impact on the environment, we have started to "think green" in many aspects of our daily work.

To minimize our carbon footprint, some Gerson employees walk, ride a bike or use public transportation to work, all climate-friendly ways to commute. Another way to help the environment is reducing the consumption of office paper. Therefore, we have converted the hard copies of our newsletters, booklets, brochures and other literature materials into PDF files (e-format), reducing our impact and our costs. We have opted out of junk mail and junk faxes. So far, we organized an electronic waste collection with the help of the Recycle San Diego Foundation. Another time we donated old electronic equipment to a local organization that is capable of repairing such

items.

Some actions we've taken include reducing our non-recyclable items in the office. For instance, we decided to phase out the use of bubble wrap, bubble envelopes, and styrofoam. We are using recyclable cardboard boxes and shredded used paper from our office instead. After we have had some time to compile a track record, we will calculate the savings of many of these measures and provide this information to you.

Composting has been part of our green actions for several months. We typically have huge amounts of compostable items—mainly from juicing—and Kayla, Susan, Blanca and Silvana are using these items at home. This beneficial action reduces the waste that ends up in our nearly-full landfills, enriches the soil with the best natural fertilizer, and helps reverse topsoil deple-

tion, among other benefits. During our six-day Wellness Session, Susan composted all the table scraps for the week (about 165 meals) and, at the end, had less than half a 13-gallon bag of waste!

In order to maximize use of the natural light we receive in the office, we rearranged our workstations and now we use less artificial light during working hours.

When it's time to print a document, we always consider the option of using one-sided used paper. We have also rescued many clips, file boxes, file folders and now we are reusing them, in a more conscious way.

Even though we try to reuse every single piece of paper, confidential information, such as medical and financial records are shredded (by a professional service) as

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A Strategy for Cooking Gerson Cuisine

by Susan Duniphin, Chef, Special Events

Knowing your produce is the key element to creating great Gerson cuisine. And knowing your produce requires understanding the intrinsic qualities of each individual vegetable, fruit and herb. Before you begin tossing vegetables in the pot, take a moment and think about the predominant flavors and textures of each item.

Tapping into the ancient wisdom of Ayurveda (the traditional natural healing system of India) is one way of getting to know your produce. Ayurvedic cooking can help us understand these intrinsic qualities. According to both Ayurveda and the Gerson Therapy right diet is the essence of disease prevention and few if any diseases can be healed without it. Ayurvedic cooking methods are not limited to Indian cooking and can be integrated into Gerson cooking. I will be utilizing the concept of *rasa* or taste to explain how you can combine Gerson approved ingredients to create delicious meals. Lets explore the tastes and intrinsic

qualities available to our palates. They are:

- Sweet
- Sour
- Salty
- Bitter
- Pungent (spicy or hot)
- Astringent
- Light or Heavy
- Hot (increase digestion) or
- Cooling (decrease digestion)
- Oily or Dry

Balancing tastes and qualities will help us to easily create great Gerson meals. I recommend the following steps:

Ask yourself, "What is the predominant flavor (intrinsic quality) of each individual vegetable I have available in my home or refrigerator?"

Some answers:

- Garlic = hot & pungent
- Yogurt = sour, cooling & oily
- Onion = sweet & pungent
- Lettuce = light & cool
- Radish = pungent & hot
- Greens = bitter & salty
- Carrot = sweet
- Asparagus = sweet & cool

- Potato = cooling & dry
- Pumpkin = sweet & heavy

Which items are high in water content and therefore usable as layers for cooking other vegetables?

Some answers:

Onion, Summer Squash, Apple, Tomatoes, Oranges, Grapefruit & Lemons

- Try layering onion and orange segments (peeled) on the bottom of a pot when cooking cauliflower.

Next begin pairing up some of the items you have in your home according to their tastes. It often works best if you pair opposite qualities to balance the flavors of the end result. For example pairing (sweet) tomatoes with (hot and pungent) garlic is always a winner. But maybe you did not think about pairing bitter and salty greens with sweet and sour oranges and lemons.

Now think about the qualities of light or heavy and oily or dry, which will create the mouth-feel that all too often makes or breaks a dish. An example may be baking (cooked) vegetable-laden brown rice in red

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We get letters ...

Sharlene Stump, Metastasized Breast Cancer

by Sharlene Stump, R.N.

Dear Charlotte,

I'm sure you hear many stories like this but I want to add mine. In November of 2007 I was diagnosed with extremely aggressive, metastatic breast cancer. It was found through a biopsy of an enlarged lymph node under my right arm. I took the biopsy report to Jake my personal trainer. His response: "This is not a disaster. It's an opportunity." He got on the internet and found the Gerson Therapy. I've been a RN for 30 years and nothing I read that day made any sense to me, but Jake handed me his juicer and said: "Get started!"

I did, and in between juices, I contacted your California office and they emailed me the basic program. I ordered your book to arrive the next day and I started enemas with a little Fleets squeeze bottle that I emptied out and just kept refilling with coffee.

Two days later I had an MRI which showed cancer in the right breast, the breast bone and the lymph nodes with a second, unrelated tumor in the right lung.

There would be no surgery so I was sent to the Mayo clinic to see an oncologist. He was very grim but he ordered a PET scan before starting chemo. *Three weeks* after starting the Gerson Therapy I had a PET scan. It showed mildly hypermetabolic activity in the right axillary node but everything else was gone!! The oncologist sent me back to the surgeon. The surgeon didn't know what to do with me. He said the difference between the MRI and the PET scan was [like] two different people! I tried to tell him about Gerson but he just held up his hand and said he didn't want to hear any more. I went home with a heart full of hope and joy.

I'm into my seventh month of therapy now and it continues to be hard, challenging, enjoyable and those healing reactions are just plain awful. Jake is on this with me and he has seen some amazing and wonderful things happen to his body. My changes are much slower, but I lost my hair to alopecia when I was nine years old. I wonder if

you've ever seen anyone with this disease grow hair back on the Gerson Therapy?

I am so very thankful for you and your wonderful father. He worked so hard and went through so much, but the gift he left for me and people like me is way beyond words.

I would be delighted to have you use my story in the *Newsletter*. Feel free to use my name and email address in case someone would like to contact me. I have no intention of ever going back into traditional medicine. I was doing things that were really bothering me [even] before I started Gerson. Now I could never do those things with a clear conscience.

About my hair. Three or four weeks after

Three weeks after starting the Gerson Therapy I had a PET scan that showed mildly hypermetabolic activity in the right axillary node ... but everything else was gone!

I started the Gerson Therapy I grew a bit of hair on my head and most of my eyelashes came back. Then two months ago my triglyceride level skyrocketed, my body started heating up and cooling with drenching sweats, my stomach filled with air every evening, my fingers became stiff and swollen and all my new hair fell out. I hope it's healing reactions but I don't know for sure what's going on.

Jake has been doing a lot better, too. He had a brain tumor removed about ten years ago and it left him with serious headaches. He also had arthritis in his right shoulder. He was taking 1800mg to 2400mg of Ibuprofen/day. He hasn't taken a single one since starting the Gerson Therapy in January.

He has occasional stiffness but he is pain-free. He's a personal trainer and this November he's planning to compete for the state title in weightlifting using only Gerson. He's hoping to smash the theory that you have to consume large amounts of meat protein and protein powder in order to excel in this sport.

I also talked another friend into doing this with me. She bought a Norwalk juicer, read your book and has been pretty faithful with the program. She saw stress incontinence and chronic bladder infections heal in two months. Now, after four months, she is watching her chronic fatigue syndrome disappear and her weight is slowly coming down. She also wanted me to thank you for the change in her skin. She really does look wonderful.

There are several of us here in Phoenix who love you for giving us this therapy and hopefully we'll be able to talk a lot more people into joining us. I have noticed that cancer patients are often too scared to try this. Hopefully, more will listen in time. Right now they're all watching me! I am definitely in this for at least two years.

Sincerely,

Sharlene Stump
sharlene907@hotmail.com

Shades of Green ...

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required by law.

In the near future, we will be replacing our training class plastic binders with recycled ones; will be changing to recycled office paper and also focusing on recycle, reuse and reduce to the point of "zero" waste.

The Gerson Institute is committed to reduce its negative impact on the environment and to be more efficient in the use of every resource. Thank you for your financial support, which we are doing our best to use wisely.

*The Healing
Newsletter—a perfect
gift for someone
you love!*

Metastasized ovarian cancer ...

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husband asked her what her opinion of the Gerson Therapy was and she strongly advised against coffee enemas, saying she had a patient who once presented in her surgery in a very bad way necessitating an ambulance ride to hospital—because she was doing them. Since I have learned perhaps she was not juicing as well?

My diagnosis was of advanced bi-lateral ovarian cancer. It had seeded my peritoneum, involved a large part of my omentum [inner cover of the intestines] and so on. It may sound strange to the kind of people who want “all the facts, tell me the worst,” that I didn’t want to be told the exact name or stage of my condition, especially since the original doctor had made such dire predictions about the state of my liver.

I told the surgeon I didn’t want chemotherapy. He advised me otherwise of course. I had a full hysterectomy July 18, 2006. After ten days in hospital post operatively, I went home. My husband had by then bought me a juicer, *The Gerson Miracle* DVD and Charlotte’s booklet *Healing Ovarian & Female Organ Cancers the Gerson Way*, as well as various other things. There was a wad of info he had collected for me. I put that little DVD into the machine and you might say that it was as I watched it that the saving of my life took its first tottering steps! I was riveted to Charlotte’s face and her words and then to the image of the young woman who had recovered from ovarian cancer some 12 years before! Charlotte’s little *Ovarian & Female Organ Cancer* booklet reinforced it all! Here was all we had longed for: HOPE!

An oncologist told me that with chemo, I would have three to five years with my family. Some years previously we had a friend who had been diagnosed at roughly the same stage, who had said she would have to put all her faith in the doctors. She died after three years, 18 months of which her husband said was “hell.” THAT clinched it once and for all!

I was accepted at BNC and exactly one month following my surgery, I headed for Mexico with my dear friend Susan Trott, who volunteered to be my companion. I didn’t even have to ask! Susan and her mother June had watched the Gerson Miracle again with me, after which, both looked at me and said “Pol, if that is what you’re thinking about, WHAT ARE YOU WAITING FOR?”

We arrived at BNC one month to the date of my surgery, on August 18, 2006. We were immediately at ease in our surroundings. I was examined by Dr. Cervantes, whose manner was gentle and reassuring. BNC could not have felt *less* like a hospital! It felt more like a sanctuary, to echo Dr. Cervantes’ description of it.

On my first Wednesday in Mexico, I recognized the tall, dignified-looking woman walking through the gate as Charlotte from the DVD I had watched. I was suddenly star-struck!

I bought every *Newsletter* the Gerson Institute has ever published and several books, one of which was written by Beata Bishop. I love it! I have two copies, to hand around.

I was at BNC for one month and in the third week, I had my first, much anticipated flare-up all of us were longing for! Before my epic journey returning home, I had an ultrasound that clearly showed the cancer which had been left under my diaphragm. Once upon a time, I was an ultrasound technician so could recognize the bright mass quickly.

Beginning the therapy at home seemed at first, a daunting ‘assignment’. But like everything, once the routine was established, and importantly, kitchen help found, and the kitchen set up Gerson style, we fell into the rhythm. At one point I emailed Charlotte to moan that I was worried not to have had any more temperatures since coming home. But I did “*feel a bit nauseated from time to time.*” Her reply was swift and concise. “*Whatever makes you think you have to have all the symptoms at once? You might never have another temperature but you will still HEAL!*” I suddenly realized I had forgotten the nature a flare-up might take. My nausea WAS ‘flaring’!

And then at about four months, I began to really flare! FOR ABOUT THREE MONTHS! Some days I only left my bed to go downstairs for my “coffee breaks”. Even that was a struggle! I had nausea, vomiting, extreme tiredness, weakness, teary moments, and felt generally awful. At one point, after about four months on the therapy, my diaphragm felt ‘tight’, especially when I breathed in deeply. I knew what that was! Cancer had been left under my diaphragm which the doctor had said chemotherapy would “clean up”. “Yes,” we thought, “shortly before it cleans ME up!” But that week, and I can tell you because this is a

Gerson Healing Newsletter, something unexpected happened! I experienced sudden episodes of burning diarrhea. *Between* enemas! I mean between *most* enemas and for about a week! It was more severe than the effect of the hottest curry I’ve ever eaten! And when it stopped, so did the tightness under my diaphragm! THAT was exciting!

I lost a lot of weight initially and became a bit scary to look at. But seven or eight months into therapy, I had regained it. My color and general appearance belied how terrible I sometimes felt while still in that big healing crisis phase. Visitors were always very surprised by just how well I looked.

During my recovery, I asked my dentist to extract a tooth that had a root canal treatment. He refused. He even became offended when I told him I would be following Gerson guidelines no matter what. “I’ve been a dentist for twenty years ...” he said somewhat indignantly. I explained the reasoning behind my request and he suggested that while Gerson knew about treating cancer, ‘their’ knowledge of dentistry was questionable. So I found another dentist. He DID extract the tooth for me, and sure enough, there was an abscess in the bone beneath! Just as Charlotte said there would almost certainly be!

A disturbing part of this story is that I went back to the radiology clinic where I had the CAT scan and the ultrasound done in July 2006 to have a mouth x-ray taken. *There was no record of me ever having been there!* The receptionist was clearly baffled as to what had happened to my records! I hope there is a plausible explanation for this.

Now, I have seven weeks of intensive Gerson to go! By the time you are reading this I will have passed the milestone of two years! I have not had another scan to date, preferring not to pollute my newly purified body with the horrible solution I will be required to guzzle for the test, anymore than I absolutely have to. I will have one but have yet to decide where because of lack of trust due to my ‘disappearance’ from records at the radiology clinic where my diagnosis was confirmed by CAT scan and ultrasound.

The oncologist I saw way back in August 2006, Dr. Powell, told me if I didn’t have chemo, I would find myself in the same position I was immediately post op, having surgery, within a few months from that time. A few months means, say, three to five to me.

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Defeating Lyme Disease with The Gerson Therapy

by Bob Childree, DDS

[Bob and Mary Ellen Childree were at the Mexican Gerson Clinic for Mary Ellen's melanoma, and next month we'll print Mary Ellen's story, which Bob was kind enough to write up for the Newsletter. We feel that it is important for people to know that the Gerson Therapy is not just a cancer therapy, but heals many imbalances and illnesses.—Ed.]

About May 1, 2006, I picked up a deer tick while working in my father's azalea beds. I found the little fellow the next morning while showering. It was so tiny I could barely make out the eight appendages waving around as I placed it carefully onto a tissue. I placed it in a small envelope, sealed it, and placed it in the freezer, just in case I should have symptoms later.

On a Thursday two weeks later I developed swollen, painful joints, fever, fatigue and sweats. I went to my dental office anyhow and worked until lunch. By then the fever had risen to 103° F, and I was near the point of simply collapsing onto the floor. I went to see my doctor nearby. He listened to my symptoms and looked at the tiny deer tick. Without sending the tick off for analysis he told me I had classic symptoms of Lyme Disease. He gave me an antibiotic injection and a prescription for two more antibiotics, to be taken sequentially, not together. I thanked him and dragged myself back to work, finishing the afternoon with as much focus as I could muster.

I drove home very carefully, because I felt so bad that I was afraid of losing control of my truck. I told my wife, Mary Ellen, of the diagnosis and she suggested that I go to bed at once and let her place me on the full Gerson Therapy, which she was on. In a

short time she brought me my first juice and a quart of coffee for a "coffee break." She made me eat a large Gerson meal, and put me back to bed. Friday, Saturday and Sunday I remained in bed except for Gerson meals and the second half of my five daily "coffee breaks." She kept me on schedule for the full therapy those three days, thirteen juices, meds and all. I stayed in bed to rest and heal, but even after my first "coffee break" I felt much better than I did just before it!



Mary Ellen and Bob Childree, 2008

me at that 110% feeling. I no longer have arthritis, headaches, lethargy or fatigue. I feel fantastic, *and* I'm getting better! I especially enjoy the early morning "coffee break" because it allows me to read two daily devotionals by Spurgeon and Chambers, five Psalms and one Proverb.

I am aware of people who have taken antibiotics for years and still cannot get over the effects of Lyme Disease. I have a dental patient who is permanently crippled after a long bout with it. In my case, early medical intervention was important, but I credit the miracle of the Gerson Therapy with my one-week, full recovery from this dread disease.

Allopathic Medicine's Real Goal

In the July 22, 2008 issue of *The Times*, following a double-spread story about the latest "breakthrough" drug for prostate cancer, a "Commentary" by Mark Henderson begins with the following sentence:

"The great aim of modern cancer treatment is not necessarily to cure patients but to allow people to die *with* their tumours and not *because of* them."

A Horrifying Ad

Would You Buy This Product?

by Charlotte Gerson

All right, I admit it. I have a bad habit: I read pharmaceutical ads. I am looking at a full-page ad by AstraZeneca for a new product called *Arimidex*.

The ad opens by trumpeting a new product, Arimidex, which, after a five-year study has shown that given to women after surgery, it "has been effective in reducing the risk of breast cancer recurrence for *some women*." [italics mine] However, the underlying numbers only compare the reduction against women taking tamoxifen!

Surely if "some" women were a substantial number it would say so. The raw numbers show that out of nearly 5,216 women in the study, only 73 women benefited *at all* from Arimidex (vs. tamoxifen), and only *five* fewer died! This is less than a one in a thousand chance of extended survival! Please note: chemotherapy manufacturers *never* test their drugs against a placebo, as the "placebo effect", or benefit from an inert pill, can be 15-30%! Thus, a mere 1-2% improvement would dramatically demonstrate how poorly the drug was doing vs. a sugar pill.

In the next paragraph, you can read about the side effects "seen with Arimidex" which include: "hot flashes, joint symptoms, weakness, mood changes, pain, sore throat, nausea and vomiting, depression, high blood pressure, osteoporosis (!), swelling of arms/legs, and headache. *Fractures* (including fractures of the spine, hip, and wrist) occurred more frequently with Arimidex ..." than with other cancer drugs.

In their own full page ad, AstraZeneca tells you that you can develop a huge array of serious new diseases for the chance that "some women" (shown to be 73 out of 5,216, less than 1.4%) **may have a reduced risk of recurrence** of breast cancer, and then *only* when compared to another extremely toxic drug, tamoxifen! (Please note the number of weasel-words in that one statement!) In other words, more than 98.6% of women who buy and take this drug have *no* chance to extend their lives, and may only expect to suffer from its devastating side effects.

Metastasized ovarian cancer ...

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He seemed anxious for me to submit my needle-shy collapsing prone veins very soon. (I didn't.) That was 22 months ago. I have NOT had any further ascites since, and incidentally, a kinesiologist friend even reduced the contour of my swollen belly the NIGHT of my diagnosis—when my doctor told me that and the pain in my shoulder would not go 'til I was operated on. The pain left AND my belly reduced that night.

A few months into therapy, I spoke to Evelyn Clegg in Surrey, now fully recovered for some 13 years, from advanced ovarian cancer. Her story appeared in the *Newsletter* the same month I was in Mexico. How wonderful it was to speak with her and how truly generous and lovely she was about my terribly timed international phone call!

One thing I have to say, is that I have NEVER enjoyed my food so much! In fact during these two years, the only food I have actually *craved*—is potatoes and tomatoes! Oh I sniff other people's food, and sometimes I quite fancy some of it, but I never crave it! I cannot ever imagine going a day without the good old spud now. And I am amazed by how different the soup can taste just with a varying source of supply etc. I have eaten in some fabulous restaurants all over the place, but the simpler my food now the more I enjoy it!

Not long ago, I had to find another doctor to write my blood forms. I went to see Dr. Arianne Cullen whom I have known for years, in another capacity. I was thrilled when she said "What are you doing so I can tell other people?" I know Dr. Cullen has

been interested in organic food for a long time. She also told me that when she takes a shower, it is never for very long or very hot because of the hazards of fluoride and in her opinion, chlorine is even worse! And she too is annoyed by how some stores wrap the organic produce so tightly in plastic! I took along some of my Gerson books and her response to seeing them was "*Can I read one?*" Gladly I handed over [Howard Straus' biography] *Dr. Max Gerson: Healing the Hopeless!*

I have read Dr. Bruce Lipton's *Biology of Belief* and even met him when he "miraculously" turned up in my town about five days after I finished reading! I was lucky enough to speak with him personally and he said to me, "You don't have to be a victim; don't do allopathic medicine," just before I had told him I was emerging from my Gerson cocoon for the evening to hear him speak. I find his approach very congruent with Gerson.

I have come so far. Some six months ago, I would coach myself through the day when I had no help, "*Now make the juice Polly. Good girl, now make the bed Polly.*" (my nickname since childhood) "*make the coffee now Pol.*" If I didn't do that, setting myself tasks one at a time, I would have looked around me in despair and tried to do everything at once. My nervous system was 'raw' for a long time. Now, into the single digit timeframe I am celebrating newfound stamina. It's not only my physical self that has undergone enormous healing but my emotional and spiritual selves too. You can't go through a process such as this without healing on many levels.

I am so grateful to the great Dr. Max Gerson, to his also great and selfless daughter Charlotte, the sight of whose face always moves me to a tsunami-proportioned wave of gratitude, to Dr. Cervantes, whose manner put me at ease immediately, to Dr. Melendez for holding my hand that day almost two years ago and saying "Cry; it is just your nervous system detoxing." Also to Dr. Sanchez and to the sweet and lovely staff at BNC. I also want to mention Barbara Conde, who was my first point of contact. I can't wait to see you all when I come back, healed and happy! This time without the aid of a wheelchair! God Bless all!

—Pamela Emery, Australia

Pamela ("Polly") invites email contacts at pollyem888@hotmail.com

Oops! Please Excuse Us!

Mailing Errors Caught

by Blanca Ayala, Client Services

To Our Members:

Thanks to some of our alert members, including long-time member Brad Mavis, we were alerted to some printing errors regarding the last two issues of the *Gerson Healing Newsletter*. Some issues had an incorrect member number, an incorrect expiration date or duplication.

We immediately called our computer programmer and the company that does our newsletter mailing and we are happy to report that they identified the problem within 18 hours and made the proper corrections.

If you noticed any discrepancy, please be assured that we are making every effort to ensure the next newsletter issue will be in order.

We truly apologize for any inconvenience caused and thank you again for your kind assistance and patience.

Changing topic, we would like to share with you the determination many people have in getting well despite numerous challenges and limited funds. We are often asked if we know of anyone who no longer needs their Gerson supplements and who would like to donate them, instead of discarding them.

If this is the case and you would like to help, please send any un-opened products that have not expired, to the attention of Carol Beard at the Gerson Institute. These will be donated accordingly to people that are unable to buy them.

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History of the World: a Parable

from the Internet

In the beginning God covered the Earth with broccoli, cauliflower and spinach, with green, yellow and red vegetables of all kinds so Man and Woman would live long and healthy lives.

Then using God's bountiful gifts, Satan created Premium Ice Cream and Magnum candy bars. And Satan said, 'You want hot fudge with that? And Man said, 'Yes!' And Woman said, 'I'll have one too with chocolate chips'. And, lo, they gained ten pounds.

And God created the healthy yogurt that woman might keep the figure that man found so fair.

And Satan brought forth white flour from the wheat and sugar from the cane and combined them. And Woman went from size 12 to size 14.

So God said, 'Try my fresh green salad'. And Satan presented Blue Cheese dressing and garlic croutons on the side. And Man and Woman unfastened their belts following the repast.

God then said 'I have sent you healthy vegetables and olive oil in which to cook them.'

And Satan brought forth deep fried coconut king prawns, butter-dipped lobster chunks and chicken fried steak, so big it needed its own platter, and Man's cholesterol went through the roof.

Then God brought forth the potato; naturally low in fat and brimming with potassium and good nutrition.

Then Satan peeled off the healthy skin and sliced the starchy center into chips and deep-fried them in animal fats adding copious quantities of salt.

And Man put on more pounds. God then brought forth running shoes so that his Children might lose those extra pounds.

And Satan came forth with a cable TV with remote control so

Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering light and started wearing stretch jogging suits.

Then God gave lean beef so that Man might consume fewer calories and still satisfy his appetite.

And Satan created McDonalds and the 99 cent double cheeseburger. Then Satan said

'You want fries with that?' and Man replied, 'Yes, and super-size 'em'. And Satan said, 'It is good.' And Man and Woman went into cardiac arrest.

God sighed and created quadruple bypass surgery.

And then Satan chuckled and created HMOs.

New Documentary at Webstore Food Matters Available by Adam Huntington

In September, we will be receiving our first, small shipment of the excellent documentary Food Matters the film on DVD. Join some of the world's leading authorities on nutrition and natural healing (including a featured spot for Charlotte Gerson!) as they uncover the true causes of disease. Find out what works, what doesn't and what's killing you. Becoming informed about the choices you have for you and your family's health and well being can save your life.

Running time: 80 minutes.

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Gerson Cuisine Strategies ...

continued from page 3

bell peppers and finishing it off with a tangy lemon yogurt sauce. Here we have the sweet, heavy and moist attributes of rice blended with the sweet, light and oily red bell pepper and finished with the sour, cooling yogurt.

To some of you this all may sound daunting while to others it can be exciting and challenging. I highly recommend that first and foremost you make it fun and start off simple. Perhaps to begin with using only three ingredients. Then work your way up to creating a Gerson sauce that is sweet, pungent, slightly salty, sour and heavy. An answer for those qualities could be a creamed spinach sauce made with orange juice, garlic and yogurt.

The possibilities are endless and hours of fun. After all, you spend most of your time at the Gerson Nurse's Station (a.k.a. The Kitchen) why not make it a fun learning experience. Soon combining intrinsic qualities of fruits, vegetables and herbs will come as second nature.

The following is one of my favorite Gerson meals to make.

Sweet Brown Rice Stuffed Red Bell Peppers with Tangy Yogurt Sauce

- 1 cup rice (rinse & strain water out)
- 1½ cups water
- 2 medium tomatoes (diced)
- ½ medium red or yellow onion (diced)
- 4 cloves garlic (minced or pressed)
- 1 stalk celery (diced)
- 1 cup asparagus (diced)

Combine above ingredients in a small cooking pot. Cook on low flame until all water has been absorbed and rice is cooked. Approximately 45 minutes.

Red Bell Peppers

5 or 6 peppers (depending on size)

Cut the tops off of bell peppers and de-seed to create a bell pepper bowl. When rice is finished stuff peppers and stand them up in a glass baking pan with a ¼ cup of water placed in the bottom. Bake at 350° for one hour or until bell peppers are soft.

Tangy Yogurt Sauce

2 cups yogurt

- 1/3 cup lemon
- ¼ cup cilantro (minced)
- 2 cloves garlic (pressed)

Mix above ingredients in a small bowl or Pyrex measuring pitcher. When bell peppers are finished remove them from baking pan to a serving dish and pour 3 tablespoons of Tangy Yogurt Sauce on top of each rice-stuffed bell pepper.

Enjoy!



Big Pharma Attacks Children Statin Drugs Pushed for Eight-Year-Olds!

by Charlotte Gerson

[Based on the article by Mike Adams's in "Natural News"]

A report on July 9 by the American Academy of Pediatrics states that this group has announced that infants as young as two years old need to be screened for high cholesterol and that children as young as eight years old should be put on prescription statin drugs! The news gets worse: the FDA in its drug-pushing campaign, has granted approval for the use of such drugs for children starting at eight years of age.

Big Pharma is working on market expansion for their most profitable drugs, and they are now targeting another group of victims: children! While statins do lower the cholesterol levels, they are also extremely dangerous, to the point of being life-threatening! Their side effects include:

- Severe disruption of hormone production
- Extreme loss of cellular energy
- Devastating loss of muscle function including destruction of CoQ-10
- Kidney failure
- Mental confusion
- Homicidal impulses
- Amnesia

and more which are enumerated at

<http://www.naturalnews.com/001353.html>.

Consider: the loss of muscle function as well as depletion of Coenzyme Q-10 has caused severe heart damage (remember that the heart is a muscle) to the point of death! They now want to subject kids to loss of muscle, warped development of body structure, ability to do sports, kidney failure—on

*For Big Pharma,
"human life is just
road-kill on the high-
way to profit."
—Health Canada drug
safety expert Dr.
Michelle Brill-Edwards*

and on. Not only that, but once a patient starts taking statins, *they can't stop*. People have asked how long children would have to stay on statins if they start at age eight. The horrifying answer was: permanently!

Completely aside from the extremely serious, including fatal, side effects of statin drugs, remember that they are prescription items and also extremely expensive!

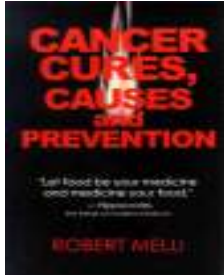
There was not so much as *one word* from the FDA about diet and food-related obesity. (There is no money to be made changing a child's diet.) It is extremely unfortunate that children are being raised to eat "fun foods" consisting of the worst of cholesterol producing items: hot dogs, hamburgers, deep-fried chips, chicken nuggets, pasta drowned in cheese sauce, etc. Fresh vegetables are almost entirely missing, as is fresh fruit. Instead, kids drink sodas sweetened with HFCS (high fructose corn syrup), and the high level of sugar increases the obesity problem. If mothers listen to ads for the latest artificial no-calorie sweetener, Splenda, they are poisoning their kids!

Another voice in the wilderness: Dr. Dean Ornish has shown that "preventing as well as reversing the clogging of arteries is mainly a matter of steering away from a top-heavy meat and chicken diet and avoiding junk foods and hydrogenated trans fats." Others besides Gerson practitioners have stated the following (this is from Mike Adams, *Natural News*): "I submit that any child can be cured of high cholesterol in a matter of weeks by being fed a 100% plant-based (vegetarian) diet, comprised entirely of non-processed foods, and including fresh, raw vegetable and fruit juices." It is also most beneficial to the rest of the family. Of course that is also the opinion of Gerson Persons.



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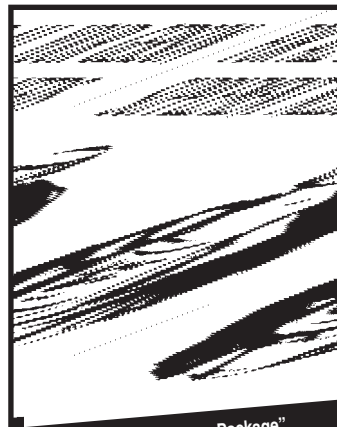
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Gerson Institute's toll-free number at (888) 4-GERSON for an updated schedule, or the Gerson Institute at (619) 685-5353 for more information. Advanced reservations are no longer available.

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

Date & Time	Event	Location	Speaker	Contact Information
Aug. 30, 31 & Sept. 1, 2008	Cancer Control Society "Alternative Therapies" Convention	Sheraton Universal, Universal City, CA. Hotel Reservations Call (800) 325-3535	Charlotte Gerson, Saturday noon. The Gerson Institute will have a booth on the convention floor.	Cancer Control Society, 2043 N. Berendo St., Los Angeles, CA 90027. Tel.: +1 (323) 663-7801. Fee: \$40.00 per day for all events.
Sat., Sept. 6 and Sat., Oct. 4, 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 +1 (310) 457-0138.
Sept. 29-Oct. 5, 2008, and Oct. 27-Nov. 2, 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: +1 (619) 685-5353 x127. email: ksmith@gerson.org . Please call for details, costs and availability.

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