



HEALING NEWSLETTER

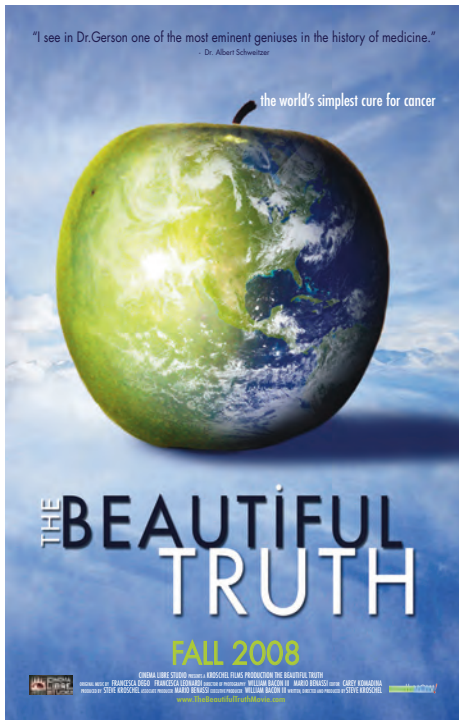
Volume 23
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ESSENTIAL BIMONTHLY HEALTH NEWS FOR GERSON THERAPY PATIENTS AND HEALTH CONSCIOUS INDIVIDUALS — FROM THE GERSON INSTITUTE

Media Releases Heating Up

by Howard Straus, Editor

It is with great pleasure that we wish to announce the opening of the newest



Gerson Therapy documentary, *The Beautiful Truth* in New York and Los Angeles in November. The film is Steve Kroschel's third documentary on and about

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Andrew's Remarkable 22-year Recovery from

Kidney Cancer with Lung Metastases

by Charlotte Gerson

On the occasion of the Cancer Control Convention in Los Angeles, over the 2008 Labor Day week-end, a gentleman came up to the Gerson booth and wanted to talk to me. Of course, I am always available to talk to people at our booth. He had an unusual, wonderful story to tell, of a long term recovery using the Gerson Therapy

I cannot use his name since he is active in public life. I'll refer to him as "Andrew". He opened his story with the remarkable statement that the Gerson Therapy helped him to recover from kidney cancer that had spread to his lungs! Generally, kidney cancer is fatal within a year or two at most. Lung metastases kill the patient sooner, usually within one year. A 22-year recovery of such a dual problem is truly extraordinary.

Andrew told me that in 1986, reporting for an interview, the doctor made an X-ray of his lung, and found "shadows". The doctor reported that the "diagnosis was uncertain" and suggested a CT scan.

Andrew felt that he needed a second opinion. His parents had lived for some years in Switzerland and they felt that he needed to visit a European physician for further diagnosing. He actually went to a top

specialist in England who told Andrew that, prior to doing a lung biopsy, he felt it necessary to do an abdominal scan. This scan revealed a tumor in Andrew's kidney. The report was brought to Andrew by a special messenger.

Obviously, it was urgent now to remove this mass and Andrew was given a radical "nephrectomy" (total removal of the kidney). During this surgery, he actually died; his functions ceased. Still in the operating room, he was "resurrected", came back to consciousness, and was taken to his room. Fortunately, his mother was there and she noted that the carpet in the room was red-stained with blood. Actually, Andrew had internal bleeding (as noted in his hospital records), was again rushed to the operating room, and was resurrected a second time! He relates that he had a true "death and light experience," seeing the white light and feeling the presence of God.

The experience changed his whole life perspective. Any anger or grudge he might have held toward other people completely disappeared. He felt strongly that God had saved him for a purpose. It took him many months to recover, he was weak and unable

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Gerson Media Releases ...

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the Gerson Therapy, and centers on his son Garrett's quest for answers about the Therapy as part of his home-schooling project. Garrett travels all around the United States, even down to Southern Mexico to interview Lupita, our little Mayan ovarian cancer patient (she's doing wonderfully, by the way).

The film is being distributed by Cinema Libre Studio of Canoga Park, CA, and they have also taken on the task of distributing both of Steve Kroschel's other Gerson documentaries worldwide. Cinema Libre is known for "edgy" films, e.g.: *The Future of Food* and *Sweet Misery*, so distributing a film about a suppressed cancer therapy is right down their street. In an interesting note, many of the staff of Cinema Libre have been inspired enough by the message of *The Beautiful Truth* to have changed their own diets and lifestyles, and some of their families', to their great benefit and delight.

The Beautiful Truth will open in New York City at the Quad Cinema in Greenwich Village, 34 W. 13th Street, just off of Fifth Avenue (www.quadcinema.com), on November 14th, and will play for a week. We hope that you will come and bring all your friends, as it is critical for the film's acceptance by other theaters that the first weekend be well-attended. Your Editor will be there for the first weekend for Q&A sessions after the film, and to present recov-

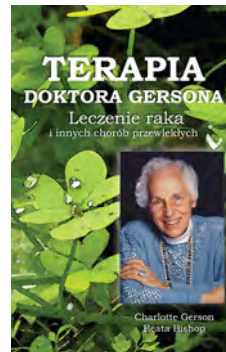
ered patients to the audience. Much more information about *The Beautiful Truth* may be found on its website:

www.thebeautifultruthmovie.com. Group rates are available from the Quad Cinema.

The Los Angeles opening will be 12 days later, on November 26th, at Laemmle's Music Hall 3, 9036 Wilshire Blvd., Beverly Hills, CA 90211. If you are anywhere near the theater on the day before Thanksgiving, or for that matter, for a week afterwards, please come to the film and bring your friends. (www.laemmle.com) Charlotte Gerson will be



Healing the Gerson Way, Korean Translation (left) and Polish Translation (right).



there from Wednesday through Sunday, as will your Editor, answering questions, signing books, and presenting healed patients who come. (We are delighted to report that Polly Emery is coming all the way from Australia. Her story was in the last *Healing Newsletter*, Vol. 23, No. 5, Sep./Oct. 2008) Contact the theater for group ticket discounts, which are available at both theaters.

Healing the Gerson Way now in Korean

Thus far, nine translations of the flagship book of the Gerson Therapy have been arranged or contracted, including Arabic, Chinese, Spanish, Korean, Japanese, Polish, Slovenian, Hungarian and Italian. We have received the first of these translations as a finished book: a beautifully done Korean translation, published by Mr. Ken Kim, of H&C Publishing Co., Seoul, Korea. The

The names "Gerson" and "Gerson Therapy" are registered trademarks and/or service marks of the Gerson Institute and Cancer Curing Society.

Gerson Institute has a limited number of copies of the book available for our Korean patients at a price of \$30.00.

We expect the Polish translation, published by Jacek Dybczak, to be available from the publisher on Nov. 17th, and from the Gerson Institute by Dec. 1st. Beata Bishop, Charlotte Gerson's co-author, is working hard on the Hungarian translation (Beata was born in Hungary), and the Slovenian translation is due early next year from Boris Vene. An interesting commonality among the above three publishers is that they are all either patients, or short- or long-term recovered Gerson patients of "incurable" cancer!

Charlotte's daughter, Margaret, has arranged for an Italian translation, that will be sold along with an Italian translation of the documentary *Dying to Have Known*, as a set. The publisher, Macro Edizione, pub-

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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.

GERSON[®] HEALING NEWSLETTER

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TWO BIRTHDAYS AND A GOLDEN ANNIVERSARY

This is the Golden Anniversary of the 1958 publication of Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*. In the past year, we have seen record-breaking sales and ever increasing interest from lay people in this scientific and, in places, beautifully poetic and prophetic work. In the Introduction, Dr. Gerson writes "the time is ripe, however, to wipe out the deep pessimism which most physicians have about everything that assumes to be therapeutically effective in degenerative diseases and especially in cancer." He goes on to say "it is not possible to replace a century-long pessimism with an overwhelming optimism." And a few paragraphs later we find him saying "It will not be long before the entire population will have to decide whether we will all die of cancer or whether we will have enough wisdom, courage and will power to change fundamentally all our living and nutritional conditions." I leave you to dwell upon your personal speculation about what Dr. Gerson might

think now ... 50 years later. We are deeply grateful that his work has endured and honored that we are a part of his legacy of healing the hopeless.

I am feeling very optimistic—tonight when I turned on the computer to write this, at MSN.com was the heading "Where to Find Organic Produce"—it wasn't until recently that a topic like that competed with the latest Hollywood starlet saga, the daily Wall Street statistics or the latest sport hero injury. I received an email some weeks ago promoting "A Healthy Kids Expo" in Toronto and a notice about teenagers who produced a documentary against the fast food industry. We are seeing deep changes in the structure of our lives moving rapidly toward the opportunity to make some of those fundamental shifts in our living and nutritional conditions.

On October 18th, Dr. Gerson's birthday, Charlotte Gerson, Howard Straus and Rich Castro, from Cinema Libre Studio, were on

the Sheila Gale Show at KRXA-540AM (www.krxa540.com) to recognize this Golden Anniversary, Dr. Gerson's birthday and to promote the first in history, theatrical release of a Gerson documentary, *The Beautiful Truth*.

And speaking of birthdays, Lupita (see *Newsletter* Vol. 23 No.1, Jan./Feb. 2008) turned 18 on October 12th. She invited Kippy Nigh (her lifeline and caregiver) and Kippy's family to her family compound outside of San Cristobal de Las Casas for a celebration. Lupita is busy with an organic garden for her family and is planning to start working in Kippy's vegetarian restaurant a couple half-days a week ...what a celebration of life for this lovely family and community!! And again I say, we are honored to be a part of the legacy Dr. Gerson carved for future generations.

—Anita

Clean Air

by Richard Boger, Norwalk Juicers

Many of you know Richard Boger of Norwalk Juicers, and have had the pleasure of working with him. For a quarter of a century, he has provided solid, professional care to his customers. He combines in-depth product knowledge framed by an attitude of compassion and service. Top this off with his magical ability to lead one (via phone or email) through any trying situation, and you have a real winning combination ... somewhat like a unique version of "emergency road-side service" for a Norwalk!!

Richard also has a long record of generously supporting our Gerson work. When you purchase from him you are helping the Institute. Deeply devoted to the health of his customers, it is fitting that he is now offering the Fresh Air units. —Anita Wilson.

Clean air is necessary for good health. Our homes contain polluted air that we breathe constantly. A good air purifier

removes 90% or more of mold, bacteria, chemicals, and viruses.

The recently improved "Fresh Air" by EcoQuest is a high quality air purifier used

A Gentle Reminder: As the year draws to a close, we would like to ask you to keep the Gerson Institute in mind for any year-end tax-deductible contributions you might care to make.

Also, the Gerson Institute store has gift certificates available with no expiration date, good for the purchase of books, DVDs, CDs, memberships. This is a perfect gift for someone you love.

by the Gerson Institute for many years. The great advantage of this system is that there are no expensive filters to replace and it adds beneficial ozone to your air. Using ozone in a moldy room or a room filled with chemical toxins such as those that outgas from carpeting, neutralizes the toxins and renders them harmless.

Ozone gives our home that fresh smell just like during a rainstorm. Many attribute healthful benefits from ozone, however soon it may be difficult to obtain a purifier that produces ozone. I have represented the Norwalk Juicer for 25 years, and often I am asked if there is anything else I sell. I have used Fresh Air Purifiers in my home for five years and I can say these air purifiers are very high quality and well worth the investment. Please contact me if you are interested in obtaining a Norwalk Juicer or a Fresh Air Purifier.

Richard Boger, Norwalk Juicers, CA
Toll Free 866-466-7925 or
760-436-9615.

The Evolution of the Gerson Therapy

by Charlotte Gerson

It is interesting that every so often, the idea crops up that I resist advancements in the Therapy, or block them altogether, “And this might make the Gerson Therapy a museum piece.” Below are a dozen items that are added (or subtracted) from the Gerson Therapy as specified in Dr. Gerson’s book, and approved by me.

Unsurprisingly, it all started with Gar Hildenbrand. Many years ago, (probably more than 20) when we were still working at CHIPSA, Gar requested a meeting in order to set down a protocol for additions or changes to incorporate new findings into the Gerson treatment for healing cancer. The meeting included: Drs. Ortuno, Rogers, Melendez, Gar and myself, and we hammered out a plan for researching and then gently and cautiously applying new items. **We all signed it.** This document is probably still in the files of CHIPSA.

At that time (and I heard this from various patients who complained) it was Gar’s plan to paint me as an aging, hyper-conservative waning head of the Gerson Therapy, and **he, Gar,** would be the new torch-bearer of the Gerson name and treatment. He did research, and we did accept Co-Q-10 as an addition to the treatment at that time. Also, Ralph Moss was a close friend of Gar’s and impressed with Gar’s research and big talk, and promoted and published Gar’s statements that I was opposed to any improvement or change in the Gerson Therapy.

Of course that is not true. Below I have summarized the changes, omissions, and additions made to the Gerson protocol in the course of the past 30 years, and certainly approved by me.

- We were forced to stop using raw liver juice because the epidemic of “Campy” (campylobacter) among the young animals was causing the infection to spread to patients.

- We were no longer able to obtain US-made crude liver extract (compliments of the FDA) and now must use the Mexican-made material which is much more thor-

oughly refined. As you know, Dr. Gerson specified the “crude liver Extract” (Lilly) which was quite dark brown. The present extract is almost colorless.

- We tried (and rejected) alfalfa sprouts that contain, as was later shown by animal research, an immature, toxic protein (l-canavanine) that damages the immune system. It is a tantalizing hint to sprouts’ toxicity that animals don’t eat sprouts!

- We learned about ozone/hydrogen peroxide, and use it actively. A room-ozone generator is placed in every patient-room at BNC. Many patients are rubbed down with H₂O₂ (hydrogen peroxide) so they may absorb oxygen through the skin, and we have even used peroxide rubs successfully for patients who needed oxygen on long air-line flights but could not get oxygen bottles on the airplane due to security restrictions.

- We use clay packs of Montmorillonite clay to relieve swellings and/or pain. We also use castor oil packs.

- We work with Laetrile, especially in certain cases. We use a combination of Laetrile and hyperthermia (induced artificial fever treatment) to bring about healing reactions and relieve bone pain.

- We use chromium picolinate for diabetic patients to help them generate insulin.

- We tested and found selenium useful. It is now given to most patients.

- We further try to activate the immune system and are using colostrum for many patients.

- Some of the latest research involves chloresium to help detoxify the liver, particularly of mercury—now contained in many vaccines and for over a century and a half, in “silver-amalgam” dental fillings. Mercury is the most toxic non-radioactive metal there is. For over 30 years, Congress has been trying to get the FDA to test mercury-amalgam filling material for safety and effectiveness, and for 30 years, the FDA has stalled, refused, delayed, lied, and has been totally unwilling to do so.

- While Dr. Gerson was very much aware that damaged or infected teeth inhibited healing, we check patients for amalgam as well as root canals, which are serious problems, and we help them to clear those.

- We strenuously object to vaccines since cancer or otherwise seriously ill patients are unable to react to them due to immune system weakness. Vaccines given to infants are strongly implicated in causing autism and SIDS (sudden infant death syndrome, or crib death).

There are some other differences between the Gerson Therapy and others who claim to represent this work to people who need healing.

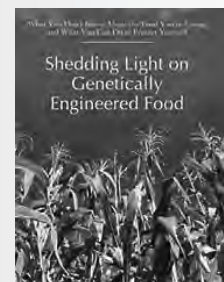
- Hildenbrand promotes the Issels vaccines, which has seriously damaged patients trying the “Gerson plus” therapy he promotes.

- We use only organic foods while Hildenbrand maintains that commercial food is acceptable. Commercially grown food is used at the so-called “Gerson plus” center.

There is no reason we would not test and possibly gently add any other newly developed items after careful testing, and no reason I would object to them—unless they prove to be toxic—and I wished to dispel some of the notion that we are not keeping the Gerson Therapy current with newly available substances and techniques. The Gerson Therapy is a patient-centered therapy, and we spare no effort to ensure the best care possible.

I hope this clears up some misinformation.

Charlotte



The Gerson Institute has copies of the stunning, award-winning expose *Shedding Light on Genetically Engineered Food* by Beth Harrison, Ph.D. available for \$15.95 + S&H. A Must Have!

We Get Letters ...

Dear Mr. Straus,

Thank you for the wonderful inscription in your book, and for your business card. How nice that was of you! And indeed, I am enjoying good health at the young age of 60 bodily years. My husband, Frank Blumer, has a lot to do with that!

You see, Frank found Dr. Gerson's therapy in the 70's when his former wife developed a brain tumor. Being quite intelligent, Frank recognized what a brilliant therapy the Gerson therapy was, learned it from Dr. Gerson's book as well as from Jacqui Davison's book, *Cancer Winner*, and applied it to both his wife and to himself. He became healthier, and his former wife, after a year, no longer had a brain tumor and was the very image of health.

Unfortunately, she was so healthy that she shared herself with many other men, so Frank divorced her. A native of the Pasadena, Los Angeles area, Frank came through town to visit his parents after the divorce in 1986. To his surprise and horror, his beloved father was undergoing exploratory surgery. The doctors found that he had a tumor growing on his liver and pronounced that Jack Blumer should "put his affairs in order" as he only had a few weeks to live, at most, and he might go as quickly as two days. What a horrible shock to everyone!

At that time, Jack was in his mid-70's. The docs said that the cancer had grown deeply inside the liver ducts and so chemo and radiation would be of no use.

So, Frank moved back home with his parents, and applied the Gerson Therapy to his dad. After a few weeks, Jack was up and able to walk. A couple of weeks more and he felt like bicycling again and started it up. Weeks gave way to months gave way to years. Jack lived another 17 years to the ripe old age of 91½, and died, cancer-free, in January 2001.

I have not read your book yet, but just read your dedication—and it brings tears to my eyes. So, you are Charlotte's son and the great Dr. Max Gerson's grandson! I am so pleased to meet you.

As champions of the Gerson therapy, Frank and I have both told many cancer sufferers of the therapy. And many of these people chose, instead, to mix-and-match various methods (trying to form their own cancer treatment, it seems), instead of following the well laid-out plan that Dr. Gerson offers. Or sometimes the ill chose to follow (blindly, it seems) the path of chemo and radiation. All of these have died. Sad, but very true, and very needless.

I just really wanted to be in touch with you and to introduce my husband to you. I am honored to know you, even via email.

All the very best,
Bettie Ross-Blumer

Metastasized kidney cancer ...

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to work more than half-days. The remaining time he spent researching health and natural healing. That is when he discovered the Gerson Therapy and used it to a large extent, bought his first Norwalk juicer, also saw Dr. Contreras, used the Warburg as well as "Energy Healing" treatments—and eventually recovered.

Once he was well, Andrew had a great deal of energy and started to help other people. He has helped many patients, and even resold several Norwalk juicers at a discount (he is on his fourth one), or urged patients to obtain one. He is extremely active in spreading the word of natural healing, specifically the Gerson Therapy.

This Holiday Season, share the gift of life, The Gerson Healing Newsletter—a perfect gift for someone you love!

Reflections on Health

by Sarto Schickel, September 2007

Health is a creative process requiring keen insight and disciplined actions.

Keen insight means a sound set of principles that are based on scientific reality and/or sound tradition. It means that one is constantly learning, integrating and adjusting, based on new insights being learned.

Disciplined actions mean that one has developed good daily habits and that through self-discipline one is able to implement a program, which is in turn supported by a sound set of principles.

The individual must be involved as the process of good health is one's own responsibility primarily. It is not primarily the responsibility of the doctor or other health care provider. They may be important but

ultimately they are secondary.

Through daily eating we create ourselves. The food and drink choices we make largely determine whether we will be sick, weak and depressed or healthy, vibrant and happy.

There is endless insight, creativity and love that can go into cooking and meal presentation as well as all aspects of dwelling in a home. The culinary and domestic arts are critical for good health.

Insight allows us to appreciate and discern TRUTH. Love inspires us to appreciate and generate GOODNESS. Creativity allows us to appreciate and produce BEAUTY. All three are essential for health.

If we are doing things right, ultimately beauty and love will shine through, as true health is naturally expressed as a profound and comprehensive sense of beauty, love and peace.

Health is multi-dimensional. It is not enough to be physically strong. That alone is not health. One must also be loving, creative and using one's keen insight not only for self-benefit, but also for the benefit of humanity and the planet.

A healthy person is good-humored and well-mannered, peaceful and joyful, taking delight in the beauty all around us, and at the same time working to solve the many problems that confront humanity and the planet.

[Sarto Schickel is the nephew of Bill Schickel, the renowned Midwestern church architect, stained glass artist and painter who was Dr. Gerson's patient well over 50 years ago. Bill is still alive and well. Sarto's lovely wife, Sun Hee, is now on the Gerson Therapy. Sarto and Sun Hee attended BNC a few months ago, and they are doing very well.—Ed.]

Recovery from Stage IV Metastatic Melanoma

Mary Ellen's Story

by Bob Childree, DDS

Bobby Childree's told the story of his recovery from Lyme disease in The Gerson Healing Newsletter, Vol. 23, No. 5, Sep./Oct. 2008—Ed.

The first time we discovered Mary Ellen had cancer was in 2000. A dermatologist excised a large oval 2"x2" of tissue out of her right lower leg and sent it for biopsy. He told her he was sure it was melanoma, and it was. The report came back "Malignant melanoma, dirty border," meaning melanoma cells were found on one border. But which one? The doctor failed to mark the specimen.

From my own dental school classes on pathology I recalled that the cure rate on melanomas was pretty dismal. She wasn't at Stage IV, but stage IV had a cure rate thirty years ago of one in two hundred. It is pretty close to that now unless it is localized to the limbs. Problem is, when you see cancer in higher stages it is already moving through the lymphatic system, and the surgeon can insist he "got it all," but he probably did not. I had two uncles die from colon cancers after the surgeons "got it all" when they operated. I do not know whether her original melanoma was stage I or stage II, but even at the original stage when she was first diagnosed her doctor was concerned for her life.

She was referred to a surgeon to have a larger excision. Mary Ellen is a Christian and was not afraid of dying. She sought the Lord in prayer and received peace about the second surgery. Also, through prayer, she was given direction to change her diet. A friend had told her about the "Hallelujah" diet, so she did some research and decided to do that diet to help her body to begin fighting the disease through good nutrition. The surgeon removed a huge patch of tissue large enough to place two golf balls in. He could not graft the tissue, so the huge surgical wound was dressed and left open. I cleaned and re-dressed the wound daily for about six weeks or longer. She healed quite rapidly. Finally, the surgeon asked her what in the world she was doing to heal so fast. She told him she had gone on the Hallelujah

Diet (www.hacres.com) the moment the first biopsy indicated cancer and that on that diet she was consuming from six to eight glasses of fresh carrot juice daily and eating only fresh fruits and vegetables. She assumed that the high nutrition had something to do with the rapid healing.

Even though the pathology report on that huge patch of tissue came back negative, the surgeon said melanoma is a very aggressive cancer. He warned that the border could still have melanoma cells—he did not trust



(L-R) Mary Ellen Childree, Dr. Pedro Cervantes, Dr. Bob Childree at Baja Nutri Care

melanoma. Well, about six months later his fear was realized. One dark bump appeared on the back of her ankle. She accidentally shaved it off one morning. The next day it was back, hale and hearty. She happened to have a post surgical appointment with the surgeon the next day, so she asked him to look at it for her. He said it just looked like a mole to him, and that he didn't think she had anything to worry about. But she was still worried and made an appointment with the dermatologist who had removed the first melanoma. He looked at it and concurred with the local surgeon that it just looked like a mole to him, too. She asked him to biopsy it. He did, and before the biopsy report came back two weeks later she had about ten new melanomas in a cluster across the back of her ankle.

With the picture more complicated now, she was sent to Emory University Hospital Clinic to see a dermatological oncologist for

a consultation. The oncologist gave her about seven options of ways to treat the melanomas. His recommendation was to simply burn them off with electrocautery. After the surgery she was scheduled for a two week follow-up. By the time she went back she had about fifteen new melanomas in the area. His recommendation was to continue to have them burned off.

By this time she was about six months into this cancer. She was on the Hallelujah Diet, an excellent health diet, but it obviously was not curing her cancer. She contacted the people at Hallelujah Acres and they recommended that she go to the Oasis of Hope Hospital in Tijuana, Mexico, and try their "alternative therapy."

It was nothing short of a great experience. The doctors were the best we had ever experienced. The facility was actually enjoyable. The atmosphere was quite hopeful. The food was all organic and all on the Hallelujah Diet. It was gourmet dining at its best. Mary Ellen had a porta-cath placed in her chest and underwent several different types of experimental cancer therapies.

The therapies failed to cure any cancers, or even to stop their multiplication. The one thing it did seem to do, however, was to keep the lesions from invading the fatty tissues beneath the skin. Three weeks of intense therapy followed by an intense home therapy using the porta-cath as an injection site for laetrile didn't work. Complications followed an experimental mega-dose of vitamin A, and things got worse when Mary Ellen was literally forced to go on steroid therapy for a serious problem with ascites, a fluid build up usually associated with cancer. The doctors denied that the vitamin A caused the ascites. Well, steroids cause cancers to literally run wild, regardless of other considerations, and hers did run wild, rampantly multiplying the recurrent cancers on her right lower leg. Her surgeon was removing numerous lesions every other month. At one point he suggested she have her leg amputated, he said that was what he would do. Mary Ellen had no peace about doing that and politely turned down the offer.

Now Mary Ellen is not a quitter. She never flags in her faith in God. Through this

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Mary Ellen's Story...

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whole ordeal I would say I only saw her even show *discouragement* maybe twice—once for a whole day and once for four or five hours. Her strong faith makes her an “up” person. If she had gone down, she would have gone down with complete faith in God and probably with an “up” disposition all the way. She didn't have faith in a false hope, but she had faith that God was in control even in bad times, and that He makes no mistakes. We may not know what God is doing, but He does, and we can trust him even in the type of death he has planned for us—and I believe He has a death planned for each of us! She believed this was not the “sickness unto death” for her. Since she is not a quitter, she found a physician who practices alternative medicine. He suggested she try a cancer vaccine. I gave her the injections as directed twice a week for about three months, after which we had the remaining thirty or so melanomas burned off her leg. She had now had about *five hundred* melanomas removed in all.

And that was that. **Or so we thought.** She stayed on the Hallelujah Diet, she kept drinking carrot juice and “green” juice, and everything was just fine until a couple of years later when she started getting *off* the Hallelujah Diet. She started eating organic cheese pizzas, deep sea fish and organic eggs. In August 2005 she found a new problem, but this time not on her skin. It was a large lump inside her right thigh. When she

asked me to palpate it, I knew immediately it was metastatic melanoma. We scheduled surgery right away to get the definitive pathology report. Mary Ellen went back on the *real* Hallelujah Diet and the six to eight glasses of organic carrot juice immediately. The pathology report came back two weeks later, confirming that it was now stage IVA malignant melanoma, with a cure rate of about one in two hundred in America, as I have said.

I had been doing a lot of reading up on cancer since her stay at the Oasis of Hope Hospital in 2001. While she was there I purchased a book entitled *A Cancer Therapy: Results of Fifty Cases*, by Dr. Max Gerson, published first in 1958. We had met several patients at the Oasis of Hope who were on that therapy for their cancers. At that time the Gerson Clinic was occupying a wing of the Oasis of Hope. We were interested in the Gerson patients' therapy, too. When we arrived back home, I read the Gerson book very carefully. I was *amazed* at the genius of Dr. Gerson. I was also amazed that the American medical establishment had effectively forbidden any American physicians from curing cancer the Gerson way. The Gerson cure rates are *much* higher than the standard American cure rates, and the cost of curing a cancer the Gerson way is less than one-tenth the cost of curing one the American way (contrary to what you will read on the internet, written by “informed” investigators). Most patients feel literally *wonderful* almost all the time—they feel really good except for a few predictable spells when they are going through what Gerson called “a healing crisis.” If you never had a healing crisis, it probably meant you were going to die from your cancer, so bring it on! Dr. Gerson even had special ways to minimize the discomfort of a healing crisis.

So without a second thought we scheduled two weeks at the current Gerson Therapy facility in Tijuana, Mexico to learn to do it correctly at home. You follow the directions precisely or you die from your cancer. So you do not entertain the thought of changing even a tiny part of the program. It is very, very strict. Dr. Gerson poured thousands of hours into research to refine his treatment. It won't cure all cancers, but,

for example, the cure rate for stage IVA melanoma in the USA is about ½ percent. With the Gerson Therapy the cure rate for stage IVA melanoma is 40 percent. That is a factor of 80 times higher cure rate, but the American Medical Association has covered up their blackballing of Dr. Gerson and his treatment for many years, even until today. I have checked their web site. Don't believe anything you read from the AMA about Gerson, because the AMA is still in a cover-up mode, I am sorry to say.

We spent two amazing weeks at the Mexican Gerson clinic. We were trained in the Gerson Therapy by the best of the best! The physicians were amazing. They seemed to know what was going on with you before they asked! The staff was simply great! The kitchen staff excelled! The meals were the best we have ever had! The seminars were very instructive, and they were all open seminars, so we could ask questions. The other patients, all with essentially death sentences pronounced by so-called traditional physicians, were in the best of spirits. They were now being offered a shot at not only making it, but making it big. The two weeks we spent there were two of the most memorable weeks of our lives. One of the highlights of our two weeks was meeting Charlotte Gerson, enjoying a meal with her, and having her spend an hour just visiting with Mary Ellen in our suite. And we could see improvements in Mary Ellen's melanomas in just two weeks! Two of the smaller ones simply disappeared while we were there—a minor miracle!

For two years Mary Ellen strictly followed the therapy. She had blood work and other medical tests done once a month, faxed the *continued on page 8*

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Mary Ellen's Story ...

continued from page 7

results to the clinic in Tijuana, set up telephone consultations with her physician, and tweaked her therapy at her physician's directions. We had thought she would need to go to Mexico periodically and be checked, but it was not necessary. The Gerson Therapy works so well when it works, that she just needed to keep tweaking the therapy for consistently improving results, and that was all.

If the liver has been exhausted in its capacity to heal, no therapy can heal. Chemotherapy trashes the liver, so the Gerson center really frowns upon chemotherapy. Although the Gerson Therapy can still heal many people who have had chemotherapy, it takes a lot longer than two years to do so. And if there is not sufficient liver reserve left, the patient will not make it. Radiation therapy and surgery are two modes that Dr. Gerson allowed, although with his therapy they often are not needed. We were thankful that Mary Ellen had not had any traditional cancer therapies that would have interfered with her healing.

Mary Ellen completed her two years of therapy in early September, 2007. All tests are negative for cancer now, and have been

since about nine months into the therapy. We saved two things by healing the Gerson way: (1) we saved about \$250,000 to \$500,000 in actual cost of treatment, and (2) we saved Mary Ellen's life.

I recommend purchasing two books on the Gerson web site, www.gerson.org. The first is a wonderful and well written biography of Dr. Gerson by his grandson, Howard Straus, titled *Dr. Max Gerson: Healing the Hopeless*. The second is the recently released book by Charlotte Gerson with Beata Bishop, *Healing the Gerson Way: Defeating Cancer and Other Chronic Diseases*. I ordered and read every back issue of their bi-monthly publication, the *Gerson Healing Newsletter*. The amazing complete recoveries chronicled in the *Newsletter* are certainly inspirational, to say the least. I recommend subscribing to that also at their web site. For medically trained folks, Dr. Max Gerson's 1958 book *A Cancer Therapy, Results of Fifty Cases & The Cure of Advanced Cancer by Diet Therapy* is a must read. It contains pre- and post-treatment radiographs of fifty random cases of cancers cured by his diet therapy. Many of the cases were followed for decades. The cures were not remissions, by the

way. They were cures.

Charlotte Gerson and Beata Bishop's newest book (above) is an awesome compilation of how to cure cancer. I just finished my second reading of it. A really determined person could use it as a "cook book" for self treatment, as it gives *exact* instructions for the entire two years of intensive therapy, with complete discussions of even the lab tests needed along the way as well as explanations of why this and why not that. But I really would suggest going to a Gerson clinic and spending two to three luxurious weeks being indoctrinated into the Gerson lifestyle—emphasis on LIFE style! It looks costly to some, but in retrospect I would say Mary Ellen's life was worth every penny of it and a hundred times more!

Interested readers are invited to correspond with Bob and Mary Ellen by email or by calling. If you call, please remember that they reside in the Eastern Time Zone and generally retire around 9 P.M.

Dr. Bob Childree, 119 Comet Lane,
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drbobbychildree@alltel.net

New report documents dangers of sweetener

Splenda®: Deadly Relative of DDT

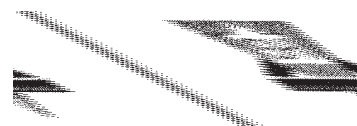
by Charlotte Gerson

In our *Healing Newsletters* we always try to warn our friends and readers of dangers of food additives, household chemicals, soil poisons—the list is endless. We have also published articles with warnings about the artificial sweetener aspartame, being sold as NutraSweet®, Spoonful®, and Equal®. You'll find the four articles on Aspartame in our *Healing Newsletters*, Vol. 16, #1; Vol. 20, #3; Vol. 20 #6, and Vol. 21, #5.

While many people were made aware of the dangers of these products and stopped using items containing them, the problem became worse! A new artificial sweetener came on the market, with lots of hype, called "Splenda". It is supposed to be little or not at all absorbed by the body; however doctors have stated that in their experience up to 40% is absorbed.

"Duke University researchers fed varying amounts of sucralose (Splenda) to rats for some 12 weeks. Analysis at the end of that time showed that sucralose altered pH balance in the intestines and prompted weight gain (!). But two additional results were quite worrying: Good bacteria in the intestines were

continued on page 9



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Splenda's Danger ...

continued from page 8
dramatically reduced—by 50 percent!—while P-glycoproteins were increased, a condition that limits the absorption of oral drugs.” HSI (Health Sciences Institute of Baltimore) report sent Oct. 12, 2008.

It gets worse. Dr. James Bowen, MD and researcher, reports that Splenda is a chloro-carbon (a combination of sugar and chlorine). “These strongly induce incurable hypersensitivity diseases which are now becoming rampant.” Dr. Bowen has spent 20 years researching artificial sweeteners after his use of aspartame resulted in being diagnosed with Lou Gehrig’s disease (A.L.S., an incurable motor neuron disease). He now wants to warn the world of the toxicity of tabletop poisons like aspartame, Splenda and Neotame.

“In test animals Splenda produced swollen livers, (as do all chlorocarbon poisons) and also calcified the kidneys of test animals. “The brain and nervous system are highly subject to metabolic toxicities and solvency

damages. Their high solvency attacks the human nervous system and many other body systems including genetics and the immune function. Thus, chlorocarbon poisoning can cause cancer, birth defects and immune system destruction. These are also well-known effects of Dioxin and PCBs which are known deadly chlorocarbons.” Splenda is a “chemical cousin” to DDT!

Synthetic chemical sweeteners are generally unsafe for human consumption. This toxin was given the chemical name “sucralose” which is a play on the technical name of natural sugar, sucrose. It is a purposeful deception of the public! One is food, the other is toxic; don’t be deceived.

In order to avoid the toxic Splenda, the alternative is Stevia, a natural plant substance, used over 400 years in South America without ill effect. It is available in most health food stores and over the Web. It is naturally low in carbohydrates and can be used by diabetics. Unlike artificial sweeteners, Stevia is completely safe.

Gerson Media Releases ...

continued from page 2

lished the Italian version of Charlotte’s first book, and is continuing their apparently successful venture with Gerson literature. Waleed al-Essa, an organic food distributor in Kuwait, will publish the Arabic edition early next year.

We have also had the book translated into Spanish by Baja Nutri Care’s dedicated and excellent Dr. Pedro Cervantes, who was assisted by his late father, also named Pedro, a renowned pathologist in Tijuana. We are actively seeking a publisher for the Spanish translation.

Further Asian translations are expected, as well. Kyoko Ujiie Abe writes that she has just found a publisher for the Japanese translation she is preparing, and Jing Meffert, a very powerful health practitioner in Hong Kong, is hard at work on the Chinese translation. As soon as there is any further news on these translations, we will announce it in the very next *Healing Newsletter*.

Kevil's recovery from

Terminal Testicular Cancer

by Kevil Murray, Certified Gerson Caregiver

On October 12, 2006 I, Kevil Murray, was diagnosed with testicular cancer. A tumor surrounded my left testicle like a baseball mitt surrounding a ball. My urologist at the time removed the tumor, however, the team of doctors didn’t want to stop there; after abducting my testicle, they then wanted to do a little searching around, where they would split me open from chest to navel and removed the problem lymph nodes at the site of metastasis and then follow it up with chemotherapy and possible radiation, almost like toppings to a banana split. Metastasis, after all, was the reason that they gave me a six month prognosis.

Six months, not long even in dog years, has come and gone as the seasons, and yet I am still here, breathing, living, and enjoying life like never before. All this, thanks to Dr. Max Gerson, Charlotte Gerson, Howard Straus, and the multitudes that have continued his legacy of “healing the hopeless,” as Howard Straus’s biography of

Dr. Gerson testifies.

Perhaps those doctors were right, and a therapy such as the Gerson Therapy is hog-wash, but if that is the case then I will proudly join the ranks of the “naïve” patients who have chosen to take control of their health by means of juicing, supplementation, and coffee enemas.

After all, the proof is in the organic vegan pudding, and having outlived the doctors’ six month prognosis, I can say that they have no right to play God and tell patients how long they have to live. These doctors are fooling the world as they set out to eliminate us with trickery and deceit, whereby a five-year survival is deemed a “cure,” and even at that they obtain extremely poor results. Given this fictitious five-year survival cure, of course it makes sense that if the patient detects the cancer early that patient has a better chance of being “cured.” I’m sorry, but this blatant lie and disregard for the body, the only living temple on earth, will

no longer pass. We must stand up for ourselves, whether we have cancer or not, because no one in the allopathic medicine mega-industry appears to be looking out for us. I, for one, do not want to be a statistic, and I know many who feel the same way.

I am grateful, too, to my parents (Lightfoot Murray and Dr. Kate Keville), my caretaker of seven months, Sarah Dauch, horse-whisperer Rene, the Buddhist monks, the honorable staff of the Gerson Institute, the Mexican Gerson Therapy clinic, and the select family and friends who believed not only in me but in the Gerson therapy, because Gerson saves!

I am a certified Gerson Caregiver, and hope to guide others along the path of wellness. I invite emails, and as I think no one should be excluded from receiving help with the Gerson Therapy, am willing to work for travel, juices/food and coffee enemas. Primarily, I hope to assist others out of the bottomless pit known as cancer, and show them that we created the abyss, and therefore we can get ourselves out of it. You can email me at kevilmurray@hotmail.com.

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-Howard Straus,
Editor, Gerson Healing
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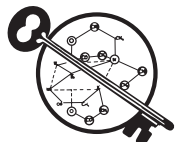
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Gerson Therapy Workshops, Lectures & Events, 2008-9

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., Nov. 1, Sat., Dec. 6, 2008, Sat. Jan. 3, 2009 11am-12noon PST	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.
Dec. 8-14, 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.
Thurs., Jan 8-Sat. Jan. 10, 2009	2nd Annual Complimentary and Alternative Cancer Therapy Conference	Palm Beach Airport Hilton, West Palm Beach, FL	Ralph Moss, Ph.D. and 20 other CAM and alternative therapy scholars and providers.	www.annieappleseedproject.org/2ndanecamfor.html . Price: \$105 per person without CNEs or CEUs.
Fri, Jan. 23 to Sun., Jan. 25, 2009	Gerson Therapy Caregiver's Training	The Gerson Institute, San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Gerson Institute staff.	Barbara Conde, The Gerson Institute, (619) 685-5353 x129. email: bconde@gerson.org . Please call for exact date, details, costs and availability.

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