



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

The Beautiful Truth Opens in New York, Los Angeles

by Howard Straus, Editor

Steve Kroschel's third Gerson Therapy documentary opened in New York City and Los Angeles to select but very enthusiastic audiences in November. The New York opening was at the Quad Cinema in Greenwich Village, the first multi-screen theater in the United States, we are told, while the film opened in Beverly Hills at the Laemmle Music Hall 3, a three-screen theater.

The two openings had a number of similarities: in both cases, either Charlotte Gerson or Howard Straus was present to do at least one Q&A session per day, a substantial number of Gerson Therapy recovered patients came to the shows, some of the audience members returned a second, or even a third time, bringing with them family and friends who they believed would benefit from this information. On both coasts, Charlotte Gerson or Howard Straus were available to sign books and answer questions after the show, which many people took advantage of, and at several showings, doctors, dentists, scientists and patients who were in the film came to see the show. At both openings, *The Beautiful Truth* out-drew the other films playing at the same

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"Benny's" Remarkable Recovery from

Idiopathic Hepatitis and Aplastic Anemia

as told to Charlotte Gerson

So many children are ill and are treated with orthodox medicines, worsening their problems. This is the story of a 9-year old boy, whose name we changed since he is a minor. We will call him Benny.

As told by his father in May 2008:

Benny was a healthy child until March 2006. At that time, he was diagnosed with idiopathic hepatitis. ["Idiopathic" is defined in *Taber's Cyclopedic Medical Dictionary* as: "A disease for which no causative factor can be recognized."] His AST, ALT [liver enzyme] counts went as high as 2,500. The liver doctor (sic) prescribed Ursodiol, 250mg twice a day. This led to a lot of itching and after three days of using Ursodiol, the boy was diagnosed with aplastic anemia. His red blood count, white blood corpuscles and platelets took a huge dive.

The liver enzymes recovered somewhat and became normal by the end of April 2006. However, because of the low blood counts, he was started on platelet and red blood cell transfusions. Further, the hematologist wanted to start him on immunosuppressive treatments (ATG/Cyclosporin) which we did not believe in. We did meet a

patient who recovered without allopathic medicines from aplastic anemia. We also met a homeopath, and we started Benny on the natural way. He received an all organic diet, lots of juices, the castor-oil treatments, hot and cold compresses, homeopathics, etc. By May 2008, Benny had not received any allopathic medications for the past two years and his platelet transfusions stopped in October 2006. His last transfusion of red blood cells was in October 2007, six months ago. His liver (enzyme) counts are okay.

However, his blood counts (RBC, hemoglobin, platelets and white blood counts) are far from normal, just barely enough to avoid transfusions. Aside from that, he was diagnosed with severe osteoporosis in 2008.

During the last two years, Benny had several flare-ups, such as high fevers up to 104, skin eruptions, dizziness, throat pain, eye irritations, etc. We dealt with those by consulting with our homeopathic doctor and gave Benny juices. We already followed a lot of the Gerson Therapy principles after reading the Gerson books. Now Benny is daily receiving juices made by the Norwalk juicer (apple+carrot, greens+apple) as well as barley greens and fiber supplements.

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Beautiful Truth Openings ...

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theaters, with the Los Angeles show grossing more in its first five (of eight) days than the New York showing did in all seven days. We are hoping that the numbers convince other independent theater owners that showing this film will be worthwhile.

We noted a phenomenon in New York that was very gratifying. After the show, when we gave a Q&A session, the audience would engage in a lively discussion, and not leave until the management cleared the theater for the next sitting. They then gathered in the lobby to talk and ask questions until they were cleared from there as a traffic hazard. But they weren't done yet. These people, many of whom had long been considered "nuts" by friends, family and physicians, stayed out on the sidewalk, sometimes for another hour and a half, continuing to discuss their experiences with a group that admired them for their beliefs rather than ridiculing them.

We did not know if this phenomenon would be unique to New York, but we did witness the same audience response at each of the shows we attended. When the film opened in Los Angeles the day before Thanksgiving, we found that the crowds there were equally enthusiastic and eager to hear about this marvelous healing method. From the reactions of all these different people from widely varying intellectual, ethnic, economic and social backgrounds, and from both coasts, we can almost predict that

the same will happen in other cities where the show will be screened. A number of health show hosts had interviewed Charlotte Gerson, Steve Kroschel and your Editor for several hours before the Los Angeles show, which possibly explained why the Los Angeles show outdrew the New York show.

Polly Emery, a recovery from "terminal" ovarian cancer (see *Healing Newsletter* Vol. 23, No. 5, Sep./Oct. 2008), came all the way from Perth, Western Australia to share her recovery story with audiences, and many people rose to volunteer that they had also been healed by the Gerson Therapy. Recovered patients shared stories about melanoma, ovarian cancer, AIDS, chronic fatigue syndrome (CFS), multiple sclerosis (MS), rheumatoid arthritis (RA), migraine and more. These are always very powerful statements, since they are not theoretical constructs, but living, breathing human beings passionately telling their own stories of beating "incurable" chronic illnesses.

There was a brisk business in book sales after the screenings as well, with Los Angeles crowds taking home *all* the books that we brought to town. Charlotte Gerson and your Editor were quite busy selling and signing books, and answering questions after each show. One woman took home five books, others also bought multiple copies to share with friends and family.

In all, though the numbers were not in the Harry Potter range, we were happy with the relative and the absolute numbers. Kudos to Steve Kroschel for making such a touching and powerful film. We certainly witnessed more than one set of leaky eyes after the shows.

In both New York and Los Angeles, several independent documentary makers identified themselves to us, and more than one pledged to make their own films telling the story of healing in their unique ways, offered to help us in any way they could.

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We have just received late word from Cinema Libre Studio that they have arranged a minimum one-week run of *The Beautiful Truth* in San Francisco. The film will be shown at the Roxie Film Center, 3117 16th Street, San Francisco, CA 94103. Their telephone number is +1 (415)-863-1087, and their Web site for further information and show times, is <http://www.roxie.com>. As in Los Angeles, your editor will be at the theater to answer questions after the show, sell and sign books.

If you'd like to bring *The Beautiful Truth* to your city or town, go to the film's website, www.thebeautifultruthmovie.com to see trailers, a press kit, banners for your own website, posters, key art and much more. The film's international distribution is handled by Cinema Libre Studio of Canoga Park, California, Tel: +1 (818) 349-8822 or rcastro@cinemalibrestudio.com.

Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is our membership organ, and is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health.

Members receive the Gerson Healing Newsletter six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of US\$40.00 or more (foreign memberships US\$45.00) to The Gerson Institute.

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From the desk of Anita Wilson, Executive Director

GRATITUDE OVERFLOWING, NEW HANDBOOK, LIFE COACHES

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It can turn a meal into a feast, a house into a home, a stranger into a friend. —Melody Beattie

We open this New Year with hearts overflowing with gratitude, our minds generating new ideas and insights working on well-thought out plans to enhance and expand Gerson services throughout the world. We are happy to report that we have to date, received over \$40,000 in donations from our loyal, supportive members as a result of our fundraising letter. Thanks to each of you for being there for us even during these challenging economic times. We were uplifted and encouraged not only by your generous donations but by your powerful expressions of appreciation.

In late November, we received word from Lyndon Sanders, Sr., Founder and President of Alternate Health Decisions Foundation (created in 2003),

Fredericksburg, TX, that we were awarded a \$50,000 grant! This foundation, under Lyndon's passionate leadership, is dedicated to supporting nutritional education and the need for self-responsible health from life-style changes. Lyndon was instrumental in national, tobacco cessation programs for many years and was the first to offer smoke-free lodging for travelers. We are truly fortunate to have the confidence and support of this worthy organization and extend our thanks to Lyndon and their Board of Directors. They also awarded us a \$50,000 grant in 2005.

2009 promises to be a year of continued growth and change. We are researching grant funding sources for necessary technology improvements for our database, website and equipment for network and personal computer stations. We are updating and improving our brochures, will soon be revising the *Patient Handbook* and we are continuing to convert more of our educational titles to PDF. All back copies of our

Healing Newsletter are now available in this format, in addition to the *Healing the Gerson Way* series of booklets, *The Little Juicing Booklet* and the *Little Coffee Enema Booklet*.

We are starting a new service for those doing the therapy at home. Our Gerson Life Coach program will offer personal and teleconference classes, for a small fee, to those individuals needing non-medical education and support. Please contact Carol Beard at cbeard@gerson.org for more information about this greatly needed service.

Dr. Gerson's book, *A Cancer Therapy* will soon be back in print in German with a new publisher under the direction of Wolfgang Gerz, M.D. Charlotte's book is now available in the Polish language and that publisher also has a website at www.terapiagersona.com.pl.

Have a Joyful and Happy New Year.....

Anita

Notice:

Gerson Membership Dues to Increase

by Anita Wilson, Exec. Dir.

Dear Members,

The Gerson Institute is constantly reviewing all expenses in order to use your kind donations more efficiently.

Due to high shipping costs to send the *Gerson Healing Newsletter* overseas, we are forced to pass on these increases.

Starting January 1, 2009, domestic Memberships will be US\$45.00 and for foreign Memberships US\$55.00. You will receive the newsletter in hard copy.

To receive the electronic PDF version instead, the price will be the same for US and foreign countries: US\$45.00.

Renewals from now until December 31, 2008 will still be US\$40.00 (domestic) and US\$45.00 for foreign mailings.

If you wish to start receiving the *Gerson Healing Newsletter* issues by email in electronic PDF form, please let us know at the time of renewing your Membership and provide us your email address.

We are very grateful for your on-going support. If you wish to make an additional donation above the minimum membership fee, it will be most helpful.

With appreciation,

Anita Wilson,
Executive Director

Green Lifestyle Film Festival to Screen *The Beautiful Truth*

by Howard Straus

The Green Lifestyle Film Festival will be held at the UCLA James Bridges Theater, 405 Hilgard Ave., Los Angeles, from Friday, March 13, 2009 through Sunday, March 15. There are two reasons why this information is notable.

First of all, this will be the first film festival that has selected *The Beautiful Truth* for

screening. Of course, we're delighted that the film will be shown again in Los Angeles, where we had such tremendous response from the audiences (see article on p. 1), but the second piece of news is even better.

At the awards ceremony on Sunday evening, March 15th, Charlotte Gerson is to be awarded the "Green Apple" award for her lifelong work in the interests of sustainable living. Anyone familiar with the history of the Gerson Therapy will be painfully aware of the paucity of honors rendered to Dr. Gerson or to Charlotte Gerson, both giants in the world of healing (as opposed to medicine). The first and only such honor that Dr. Gerson received was induction into the International Society of Orthomolecular Medicine's Hall of Fame in 2005.

It is only fitting that Charlotte Gerson will be honored for her long and continuing work in the interests of healing ailing patients and an needful planet against all the contravening forces arrayed against her. To Charlotte, we say, "Congratulations!"

Early Results with Drug-Induced “ALS”

by Charlotte Gerson

At the beginning of November, we had a call from a distraught lady on the East Coast. She asked whether the Gerson Therapy was effective in overcoming or even just arresting A.L.S. (amyotrophic lateral sclerosis, a motor neuron disease, better known as “Lou Gehrig’s Disease.”) We unfortunately had to give her the truthful response: No, sorry, we have not had good results with A.L.S. In the few patients we have seen with this disease, the cause was poisoning from exposure to soil chemicals, pesticides and fungicides.

However, we further asked her if she had been thus exposed—and she said, “No.” That started us on a new track: what was the problem, what toxic material had caused her neurological (motor neuron) disease? She didn’t know. But we continued probing: what was her medical history? She told us that for the past 35 years, she had suffered from irritable bowel syndrome (IBS), which caused her severe and painful cramping. The pain was so intense that she could never leave her house without carrying her pain relief drug, Bentyl®, with her. She was literally addicted to Bentyl for 35 years!

But that wasn’t all. Over the course of the past 20 years, she had also suffered extremely severe stresses in her life and was additionally medicated with a number of anti-depressants as well as anti-anxiety drugs. For the last 10 years of that period, she had been given a drug called “Wellbutrin®.” We looked up this drug in the *PDR (Physician’s Desk Reference)*, which lists all drugs on the market, with their content, warnings and side effects. Sure enough, one of its side effects is damage to the nerve center controlling muscle function. With this information, we were able to tell the lady that the Gerson Therapy

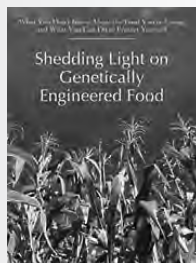
is effective in detoxifying patients from drug damage and that it was possible that the therapy could help her, although we certainly could make her no promises.

This patient, whom we shall call B.T., was born in January 1949. She had been examined and diagnosed by three neurologists. All had come to the same conclusion: A.L.S.—no hope. So our information was the first positive thing she had heard. After some further research, she decided to come with her husband to the Mexican Gerson clinic in early November.

After *just one week* on the Gerson treatment, her 35-year irritable bowel was gone; she had no more spasming or pain, and needed no more drugs! We warned her that the drugs with neurological action are more difficult to clear, and sure enough, her other improvements are slow. The severe twitching in her thighs is considerably improved but not gone. She was suffering from an injured ankle and her Achilles tendon is frozen, causing her to have an abnormal gait. Her walking is not much improved.

However, we pointed out to her that the mere fact that there are improvements in her condition is remarkable and does not usually happen in patients suffering from A.L.S.

As a rule, we don’t publish articles that describe just the beginning of healing. This case, however, is important since it can give information and hope to patients who are told that there is no hope!



The Gerson Institute has copies of the stunning, award-winning expose *Shedding Light on Genetically Engineered Food* by Beth Harrison, Ph.D. available for

How to help the Institute:

1. Take advantage of our vehicle donation plan.
2. If your company has a “matching grant” program, use it to double your donation.
3. Tell Federal employee friends that the Gerson Institute is on the Combined Federal Campaign list.


“I Healed Myself from Mantle Cell NHL with Gerson Therapy”

Dear Charlotte and staff,

Enclosed find my membership payment for the upcoming year. I have been a subscriber for many, many years. (!!)

Three and a half years ago, I was diagnosed with mantle cell non-Hodgkin’s lymphoma. I turned down the treatment Dana Farber Cancer Center in Boston wanted me to take (four chemo drugs, one a trial drug, for six months, administered weekly). Instead, I followed your handbook *exactly*.

I will be having another annual CT scan and blood test in December. My two oncologists, one from Dana Farber and one from the Dover, NH Cancer Center in my home town, say that from my CT scans and two blood markers they watch for, I couldn’t have cancer any more. My internist wrote in her annual report, “Mrs. E... has cured her own cancer with nutritional therapy.” Also, my Dana Farber oncologist wrote me that the chemo treatments would not have cured my cancer. He had told me that, if I lived two years after diagnosis and chemo treatment, I’d surely have to have another six months of chemo to try to keep me alive a little longer—but it would require different chemo drugs the second time around because the first ones [won’t] work again.


Thank you so much! —Joyce 

Hepatitis/Aplastic Anemia ...

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His progress is very slow, and his hemoglobin is still very low, only around 7.2, so we are worried that it could fall further and he would need to go back on transfusions.

Charlotte Gerson reports:

In May 2008, Benny started on the strict Gerson Therapy. We were delighted to obtain this latest report from another patient whose son is a good friend of Benny’s. Benny’s hemoglobin is almost normal, his osteoporosis is clearing, he looks and feels well, and, as reported, “one would never think that he had been seriously ill.” 

Patient recovering from

Hepatitis C Turned into Liver Cirrhosis

by Charlotte Gerson

Our readers are no doubt aware that we are making a special effort to publish many recovered patient stories about ‘incurable’ chronic diseases, other than cancer. Cancer is clearly increasing and just now in the middle of December, we had the report that by 2020, cancer is going to beat heart and circulatory disease as the number one killer of people in the United States. As our Gerson friends know, that need not be the case as cancer is eminently preventable—but what about other killer diseases? Here is another example.

Jim Wright, born in December 1955, was interested in obtaining a pilot’s license in early 2000. In the course of his required medical examination, it turned out that his liver enzymes were elevated well out of range, and he was diagnosed with hepatitis C.

The only probable cause, going back through his medical history, seemed to be a blood transfusion which he had received in 1979. He had a serious accident and required a transfusion to help him recover. He was then treated with Interferon, which turned out to be useless.

As time went by, he worsened. His

symptoms were surprisingly mental: he was having increasing difficulties concentrating. He also found that he was unable to judge facts and do creative thinking—which was very important in his job as a financial consultant.

By 2005, his liver had deteriorated to the point that he was at Stage IV liver cirrhosis (one stage ahead of requiring a liver transplant). His doctor actually stated that “he should get his liver transplant team together.”

Meantime, his wife, Shelley, had seriously investigated treatment possibilities and had found the Gerson Therapy. Some time earlier, Shelly’s mother had sickened and eventually died of cancer, then her father developed cancer and she tried hard to convince him to use the Gerson Therapy. He chose not to do so, and also passed away. However, she was able to convince her husband to go to Mexico for the Gerson treatment.

They arrived in November 2005. Jim’s blood work already improved while they were at the clinic, and has continued to improve. Shelley tells us that they were so relieved they had invested in Medical

Disability Insurance, so that, even when Jim was not really able to work, the checks kept coming.

Jim is not totally recovered. He still has some variations in his mental abilities however his doctors are amazed! Jim’s viral count before he started Gerson was 7.2 million. In June 2006 it was 1.37 million and falling steadily to 241,000. The doctors admit they don’t understand what exactly is working for him, but they can’t help telling him that he “should continue to do” what he is doing.

Shelley also told us that when they first investigated the Gerson Therapy for Jim’s hepatitis C and liver cirrhosis, the Gerson Institute was able to give them the name of a recovered patient, healed of those very ailments. This helped them tremendously, and Shelly wants to make herself available to help any other patient with Hepatitis C and/or liver cirrhosis who needs to talk to somebody who has recovered from the same problem.

Her phone: 830-997-5246.

*Healing requires
juices, NOT excuses!
—Charlotte Gerson*

Three Reasons to Reconsider Flu Shots

*In the Greek, the word for sorceries is **pharmakeia**, which means, according to Strong’s Concordance, “medication (pharmacy), magic, sorcery, witchcraft.”*

There are three major reasons why this government push to vaccinate 84 percent of the U.S. population with a yearly flu vaccine is so incomprehensible:

The majority of flu shots contain 25 micrograms of mercury; an amount considered unsafe for anyone weighing less than 550 pounds! And which groups are most sensitive to the neurological damage that has been associated with mercury? Infants, children, and the elderly.

No studies have conclusively proven that flu

shots prevent flu-related deaths among the elderly, yet this is one of the key groups to which they’re pushed.

If you get a flu shot, you can still get the flu (or flu-like symptoms). This is because it only protects against certain strains, and it’s anyone’s guess which flu viruses will be in your area.

So why would you take a flu shot—EVERY YEAR—that has NEVER been proven to be effective, that can give you the very illness you’re trying to prevent, and has potential long-term side effects that are far worse than the flu itself?

The powers that be have done an excellent job of instilling fear into the population so they believe that they must get a shot to stay healthy, but the simple reality is it’s doing you more harm than good.

And, even if the flu vaccine could effectively prevent the flu, there have been several examples in past years where government health officials have chosen the incorrect influenza strains for that year’s vaccine. In 2004, the National Vaccine Information Center described how CDC officials told everyone to line up for a flu shot that didn’t even contain the influenza strain causing most of the flu that year.

Two-Thirds of This Year’s Flu Vaccines Contain a Full-Dose of Mercury

According to Dr. Donald Miller, MD, two-thirds of this year’s flu vaccines contain 25 micrograms of thimerosal. Thimerosal is 49 percent mercury by weight.

Each dose of these flu vaccines contains more than **250 times the Environmental Protection Agency’s safety limit for mercury**.

Margaret Straus forwards from Italy

Rosita's Story

by Italian patient Rosita

August 2008

At the age of 39 I was diagnosed with breast cancer. I smoked, ate poorly, had vaginal candida, irregular menstruation from hormonal dysfunction, herpes, acne, hay fever, numerous ovarian and breast cysts and suffered from depression.

I started having panic attacks at 25, and by the age of 30, I began to sink deeper into depression. I underwent psychotherapy after a diagnosis of chronic obsessive-compulsive behavior from childhood. My treatment included anti-depressive medication (Zoloft® and Anafranil®).

In 2002, after trying many creams and treatments, including the birth control pill and antibiotics, for the acne that had plagued me since adolescence, I tried Roacutan® for five or six months. They told me it was the definitive solution, inhibiting the sebaceous glands so they no longer produced sebum. Instead, after about four months, I developed a large cyst on my right breast.

This frightened me, and I immediately went for an ultrasound test. The doctor assured me it was only a cyst which could grow or shrink for no apparent reason and in any case not to worry, even if it grew.

In fact, a few months later, the cyst shrank, and when it began to grow again. I wasn't concerned and waited a whole year before having another examination.

When I finally was examined, in September 2006, I was diagnosed with hormone sensitive breast carcinoma and was given eight cycles of adjuvant chemotherapy—Bevacizumab [Avastin®], Capecitabina (Xeloda® in pill form to be taken for 21 days at home), Vinorelbine [Navelbine®]—and endocrine therapy: Decapeptil® and Femara® to reduce the breast nodule. Instead of a mastectomy, I underwent a quadrantectomy followed by a cycle of 30 radiation treatments.

During the chemotherapy I suffered from gastritis, mouth sores, fungal invasion of my big toes, extensive herpes, back pain and

numbness in my hands, I had trouble sleeping and developed severe tendonitis in my heels, making it difficult to walk without pain. One drug brought on menopause and my cycle stopped completely.

After all these treatments, I began to gather more information about cancer and began to learn and understand many things. I spent several months studying books and various Italian and American websites. Through a doctor here I heard of the Gerson Therapy and got in touch with Dr. Max Gerson's granddaughter, Margaret Straus.

I attended her seminar, and thanks to her continuing and constant support, vital



Rosita

explanations and teachings, started the modified Gerson Therapy on December 15, 2007.

After a short time I began to sleep better and in mid-January stopped taking all the endocrine therapy drugs. At the end of January I had a healing reaction.

My abdomen was very swollen and hard, full of fluid, and I did not digest well. I was nervous, suffered from obsessions, anger, fear, an aversion to the juices, exhaustion, dry mouth, catarrh in my throat, and while expelling the enemas, I began to find long thin worms, masses of worms and mucus. After this first reaction I stopped expelling worms but kept evacuating mucus in large

blocks like tennis balls. At the end of the enema I would get a harsh pain in my abdomen and immediately afterwards, a mass of mucus came out. Even today, after about seven months of Gerson therapy, I still get these stomach pains, although the size of the mucus masses is decreasing.

Having got rid of this mixture of worms and mucus, I began to feel reborn, full of energy and in a good mood. My tummy was much less swollen and hard.

After this first big healing reaction I went for several weeks alternating good days with days of depression and obsessions, anxiety and tiredness just like when I was thirty.

During the days of depression, I often felt it would be better to die. I began to think of suicide, until I discovered that these extreme thoughts are a side effect of Roacutan. I heard of the parents of a 22-year-old who crashed his airplane into a building, who are suing the pharmaceutical company that produces Roacutan because the boy was taking the drug when he committed suicide.

These absurd thoughts, moods when I see only insurmountable problems and fears for any little thing, last only a few days and then I go back to feeling calm and well. I am another person and the enormous problems I saw only the day before are gone.

On March 19 my period returned after almost two years of drug-induced menopause. Since then I have had a normal flow which returns with perfect regularity every 28 days. The dryness and lack of desire associated with menopause have also disappeared.

The sebaceous glands must have returned to activity, since my skin erupts from time to time, although not nearly as badly as before.

In June I had another big healing reaction with painful mouth sores, strong nausea, difficulty in holding the enemas, a lot of gas, hair loss, anger, nervousness, depression, backache, brief migraines, tiredness, dry mouth and herpes. These symptoms typically last for five or six days then for a few days I feel better, though still tired.

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Rosita's Story...

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Lately, the symptoms have been less severe. I no longer have the morning nausea. I just started the castor oil enemas, and the day after castor oil, I usually feel pretty bad.

In March 2008 I had a mammogram (Margaret scolded me) and there is no new tumor tissue. A lady I met when we both were having treatment, and who continued conventional care, has had a recurrence.

Of course I have a long way to go, but the improvements since I started the Gerson Therapy have been dramatic: my hay fever is gone, also the herpes and candida, and the scar tissue in my mouth is going away. My period has returned and the occasional skin breakout shows me that also that area is beginning to work again.

Rosita updated us at the end of November:

From June to September was a very bad time, then I slowly started to improve. The biggest reactions seem over, I have much more energy and fewer obsessions, but even though they are weaker, the crises continue with the same symptoms and alternate with better days. I added (at Margaret's insistence, and she was right as usual) a fourth enema, just of water, in the evening and eliminated a lot of toxic matter. As a result the morning nausea disappeared. The reactions are less violent and the quiet moments get longer. I realize more and more how long the road to detoxification is and how

toxic I am. I am still eliminating mucus but less, and it is transparent, like gelatin. Charlotte says this kind of mucus contains toxins while the white mucus is dead infectious material.

The pimples are subsiding and to my amazement my nails, which had always been weak and broken or peeled easily (in the past I had tried everything to strengthen them, without success), have become very hard and long, and one ear has completely cleared of wax.

I still have moments of discouragement and obsessive bouts of cleaning, but mostly before an enema, and I am better immediately afterwards. Sometimes the day following castor oil I have terrible rages and anxiety with crying jags. I have my own personal wailing wall, which is really the wailing bathroom! At these times getting all the work done seems overwhelmingly impossible. I still feel tremendous anxiety. The "Gerson rages" make me really mean with those around me, and it takes very little to make me snap. In my calmer moments, I would simply ignore the same things.

Just before, and during my period I have big reactions: nervous tension, mouth sores, pimples, tiredness, lack of appetite. As soon as it is over, I feel better. Some nights I wake up soaked in perspiration, especially when I have my period or take castor oil. As it explains in the book, my body is detoxifying through the skin.

There are days when I am famished, as though I hadn't eaten for months and I eat continually, while during castor oil days I am nauseated and eat very little.

In October I had a blood test and the values are all normal. The bilirubin, which had always been high in the past, has come down a lot, and the tumor markers are normal. The only thing that has not come down much in a year is my cholesterol, though it is down from 246 to 204. It was suggested I am not taking enough thyroid, and in fact my resting temperature is low. I had my first gynecological examination since reversing the pharmaceutical menopause, and everything is fine. Actually my ovaries are in such good condition that I have to be careful not to risk getting pregnant, something that I just could not afford at the moment. (A friend of mine, who

originally did the same treatment as I, who is still on chemotherapy, did not experience a return of menstruation when she gave up the pharmacological menopause drugs.)

It is the middle of November and since my last period and violent reaction (I had three or four extremely painful mouth sores one after the other) I am much calmer, experience less anger and the "yes" time is lasting longer than before.

At Christmas I will celebrate my first year of therapy. It seemed impossible to me that I would get this far (every morning I wake up and ask Jesus that I may be able to do the therapy and get through the day) and I hope that God will help me, as he has done in these months, and that I will heal.

Charlotte comments:

We present Rosita's story for a very important reason. Every Gerson patient is carefully informed about "Healing Reactions." This is a new concept for many people and it is very difficult to explain. Patients can hardly imagine that the body goes back through the very same symptoms as they originally experienced when treated by specific chemo or other drugs or radiation, when they experienced symptoms of their disease. Rosita describes in full detail all the problems of her malignant disease and how, in the course of her healing reactions, she experienced them again.

We hope that other patients who experience the same or similar reactions, as they feel their bodies overcoming toxicity, releasing poisons, going through their original pain, depression or anxieties, are encouraged by Rosita's experience: they are not the only ones—they can defeat these problems and come out vastly improved and progressing on the path of healing!

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Life is a Dance, Not a War

Understanding the True Meaning of Disease

short excerpts from an article by Mike Donkers on NaturalNews.com

There are no diseases, only disease. Singular, not plural. Disease should be perceived as life itself: an infinite number of shapes and forms, springing from the same primordial well. Disease is like life itself because it is a part of life, in the same way that death is part of life, forming a never-ending cycle in which energy is never lost but used time and again. He who understands life, understands disease.

Pathogens and micro-organisms are part of life. They are the original life forms and they fulfill a very complex function. All forms of cellular life on earth share genetic links. Humans are genetically linked to so-called pathogens, or micro-organisms. We actually consist of bacteria, fungi, viruses, parasites and other micro-organisms and they form part of our system. Plants and animals are also made up of these. Béchamp discovered that if he stopped fighting micro-organisms and instead improved what he called the 'milieu', the environment of the cells, the so-called 'pathogens' did not disappear but actually aided in repairing the cells. By not focusing on the disease but on healing instead, Béchamp witnessed the pathogens doing the same. When he concentrated on the disease, however, and literally tried to combat it, the pathogens proved themselves to be the worst enemy. He showed that micro-organisms are the bridge between life and death, and the stage in between—disease.

Béchamp successfully demonstrated that micro-organisms are genetically coded to clean up weaker organisms, because nature no longer considers them viable. However, this is generally a slow process and life offers every cell the resilience to recover and become stronger. The same micro-organisms have then been shown to possess the genetic code to help the cells remain viable. All of this is not caused by the micro-organisms themselves, but by a change in the cells' environment. This means that besides cell degeneration there is also the very real possibility of cell regeneration.

Yet the foundation of modern medicine did not become Béchamp's theory, but Pasteur's. As a result, we now have pasteurization, vaccination and medication, all of

them based on keeping out 'intruders'. This leads us to fight ourselves. By pronouncing micro-organisms to be the enemy we are essentially putting ourselves outside of nature. Going against nature instead of working with it has created the wrong basis for medicine as we know it. Fighting life is nothing but death energy, leading to endless death, disease and toxic medication. It's a road into oblivion.

Love is the healing power of nature. Unconditional love is defined as giving without taking. This is the force of nature: she gives without ever taking back. Don't be misled by stories about 'nature's revenge' or other tales of doom. Only by giving to yourself and loving yourself including your disease and concentrating on your soil and roots, the environment of the cells, are you able to really heal. By seeing yourself outside of the disease and by hating the part of you which is sick and declaring war on it, you hate that part of you which you don't like and declare war on yourself. This goes against the universal force of love, with ultimately death as a consequence.

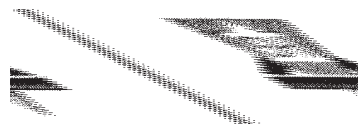
Disease is life and death at the same time and every day we can make a choice between negative, sickening death energy or positive, life-creating energy. Disease offers us a unique chance to ponder our ways and make the necessary change in the way we feed ourselves, both physically and emotionally, energetically and spiritually. It's the whole package: mind, body and soul. Disease is a teacher. Learn the lesson well and you learn to find the love in yourself and others. If you don't learn the

lesson well, the disease will lick you and you should try again in another life.

True growth starts at the bottom and the only way is up. The only intelligence we value is academic intelligence, the intelligence of the thinking brain. We reward this with status in the form of money and other material things, all of it external stuff.

Translated to our organs, the energy is top-down: from the head to the heart to the guts. That is exactly the wrong way around. Have you ever watched a flower, plant or tree grow upside down? Think also about the route our food takes: we digest it in our bowels, it is then transported to the heart, which pumps the blood around, and only then does it reach the head.

Being inside our heads is disease number one in the western world. No wonder there's so much depression, heart disease and bowel complaints! You can free yourself from this today by deciding to make changes in your life. The closer you are to nature, the closer you are to your own nature. Disease is a reminder that you are too far removed from nature. This is the true meaning of disease.



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Bathing in Fluoridated Water

by Charlotte Gerson

In the course of the last few months, we have received numerous calls from patients who had done well for a period of time and then failed to make further progress – or worse, had serious set-backs of their disease. This could include new tumor growth, weakness, poor appetite, return of pain and more.

In order to answer these serious concerns, I have to first find out what is causing the problem – since the Therapy was obtaining good results for a while. So I ask many questions. Regularly, I have found that the problem is tap **WATER**. No, not just any water; but fluoridated water supplied by the municipality where the patient lives.

We have published many articles in the *Gerson Healing Newsletter* about the dangers of fluoride in the water, toothpaste, dental treatments, and many other areas. It bears repeating: fluoride is a powerful poison. It is a compound (with sodium!) of the most powerful of the group of elements called “halogens.” These have similar properties, but fluoride is at the top of the list, the tiniest, most active and the most powerful. This also means that it is capable of displacing the halogens lower in the periodic table, including the fourth ranking one: the all-important **iodine**. Iodine is needed by the thyroid gland in order to produce thyroxin, a major hormone that controls many others. Iodine is also needed to restore the immune system in order to heal cancer and most of the other chronic diseases. Displacing iodine (with fluoride) seriously impairs the immune system—and with it, the body’s **ability to heal!**

The tremendous danger occurs by showering or, worse yet, by bathing or soaking in fluoridated water. Some patients have found that soaking in warm water helps to reduce pain. However, the nice warm water opens the pores, and huge amounts of the powerful fluoride enter the bloodstream—and, of course, attack the thyroid!

We clearly warn all patients to be sure not to shower or bathe in fluoridated water.

Complying carefully with the warnings, the patients take steps to avoid the problem. Some have found businesses that sell *shower filters*, that they claim remove the fluoride from water. **That is not so! Fluoride passes through all filter systems.** The salespeople promise removal, and possibly some of the fluoride is removed, but it is impossible to remove it all. The remaining poison makes all the difference. If you are the victim of such claims, demand written confirmation that **all the fluoride is removed**. You will see that they cannot provide this.

There are other water cleaning systems. Some even promise to clean the water used in the whole house. That is nonsense, since only about 1% of the water used in a home is used in drinking, enemas, and cooking. 99% is used in washing, laundry, watering the garden, flushing toilets, etc. So don’t spend huge sums of money and come out with still-toxic fluoridated water.

Actually, the **only** way to remove fluoride from water is by distillation! Distilling water for the whole house, again, is impossible. The water needs to be boiled and the *resulting steam* is caught and cooled, thus condensed back into water. It is a slow and relatively expensive process. So, what can you do to bathe (or shower) yourself? Obviously you need to cleanse your skin, possibly even more than usual, since the Therapy causes the skin to eliminate (or sweat out) toxins. There are actually two possibilities, neither one really very pleasant, but **essential**:

Get a distiller and take a gallon of the distilled water, warm it, and pour it into a sink or basin—then take a sponge bath.

Obtain a “Camping Shower,” install it in a tub, fill the sump with warm, distilled water and use it to shower.

If your tap water is fluoridated (*please inform yourself*) you will need to provide yourself with distilled water, either by purchasing it and have it delivered to your home (it takes quite a lot) or by obtaining a distiller and distill your own.

If you live in an area where the water **does not contain fluoride**, or you have well water (*that does not contain fluoride; have it checked!*) you can use a filter system and/or a shower filter to remove other pollutants. For enemas, soups, teas, cooking, etc. you can use water purified by reverse osmosis (RO).

P.S. Some uninformed people have suggested to *boil* the water to “get rid of the fluoride”. That is totally wrong, of course, since fluoride is added to water in the form of a solid. Boiling water away simply **concentrates** the fluoride and makes it more poisonous! *Reverse osmosis* doesn’t remove fluoride either! The tiny molecule can readily pass through the filter-membrane. You can remove other pollutants, but not the truly most dangerous one: Fluoride.

Monthly broadcasts to end

“The Invisible Gardener” Moving On

by Howard Straus, Editor

For just about two years, now, Andy Lopez, otherwise known as “The Invisible Gardener,” has provided an hour of air time on his radio show on the first Saturday of every month to Charlotte Gerson to talk about whatever topic she thinks is most critical or most useful to the public at the moment.

Charlotte has discussed many important issues in the time slot Andy so generously provided, and, according to Andy, garnered quite a large and loyal audience. Since the show was not just broadcast over the airwaves, but was simultaneously webcast and later archived on Andy’s website, people from all over the world had access to Charlotte’s hour, and continue to have access through the archives.

Now, however, Andy will be changing his broadcast arrangements, and Charlotte’s commitments are increasing as well. So, the December broadcast was Charlotte’s last, at least for now.

Andy, we all owe you a debt of gratitude and appreciation, and we are sure that your radio audience feels the same way! We all wish you the best in the future!

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-Howard Straus,
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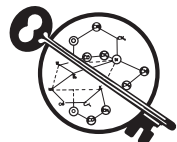
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WWW.GERSON.ORG/EVENTS

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 |
|--|---|---|--|---|
| 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. 9-Thurs., Jan. 15, 2009 | The Beautiful Truth screening in San Francisco | Roxie Film Center, 3117 16th Street, San Francisco, CA 94103. Tel: (415)-863-1087. www.roxie.com | Howard Straus, NL Editor, will host Q&A sessions after each show on opening weekend, Fri.-Sun. Books will be available. | For more information about the film, show times and directions, please visit the website www.thebeautifultruthmovie.com or the Roxie's website, www.roxie.com . |
| 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. |
| Sun., Feb. 22 to Sun., Mar. 1, 2009 | 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 x129. email: ksmith@gerson.org . Please call for details, costs and availability. |
| Fri, Mar. 13 to Sun., Mar. 15, 2009 | <i>The Beautiful Truth</i> will screen at the Green Lifestyle Film Festival | UCLA James Bridges Theater, 405 Hilgard Ave., Los Angeles, CA 90024 | Charlotte Gerson will receive the "Green Apple" Award at the Sunday night awards ceremony in recognition of her contributions to sustainable living. | For more information, call (310) 854-2078 or (310) 928-7689, or visit www.greenlifestylefilmfestival.com . Advance ticket sales available at www.inticketing.com/evinfophp?eventid=28480 . |