

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

More Gerson Media News

by Howard Straus, Editor

The stream of new Gerson Therapy literature and media continues to flow, and this month we have some new items to announce.

The Beautiful Truth, Steve Kroschel's third Gerson Therapy documentary, having opened in theaters in New York City and Beverly Hills in 2008, opened in San Francisco in January, and will be available for purchase on DVD beginning in mid-March. The official worldwide distributor, Cinema Libre Studio of Canoga Park, CA (near Los Angeles), has also assumed responsibility for worldwide distribution of *The Gerson Miracle* and *Dying to Have Known*, our first two documentaries. You will still be able to purchase the DVDs from the Gerson Institute, but bulk purchases will now go through Cinema Libre Studio.

Your Editor is pleased to announce that the second edition of his biography, *Dr. Max Gerson: Healing the Hopeless*, will also be available at the beginning of March. This new edition has been upgraded with an index, an updated "legacy" section to reflect new developments, and a good number of grammatical and cosmetic upgrades.

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After Herculean Efforts

Hungarian Gerson Centre Opens

by Anita Wilson, Exec. Director

In July, 2008, the Board of Directors of the Gerson Institute approved the licensure of the Gerson Health Centre located in Dobogoko, Hungary. Situated in the Buda hills, approximately 30 km northwest of Budapest, in a beautiful natural setting, this 10 room facility opens March 12th. Beata

Bishop, recovered Gerson melanoma patient, has devoted more than 25 years to lecturing, writing, teaching and training in Europe, thus, providing the cornerstone for this historic endeavor. She has carried the beacon of hope and healing across the continent to the culmination of this great humanitarian project of returning the Gerson Therapy to Europe.

The Centre is fully staffed with a diverse, well-trained team, headed by Dr. Melanie Nagy, also a recovered Gerson patient, who is completing the final phase of the Institute's required training program. She will be the world's first doctor to have achieved this. A full complement of

additional medical, nursing, adjunctive therapy, food prep and support staff is ready for the initial two week session beginning in mid-March. The program includes a strong emphasis on preparing the patient and companion for the continuation of the therapy upon their return home.

The rooms are large and bright – some single, some doubles and a few with three beds. All have private baths with showers and four have bath tubs. There is a large upstairs room for classes and meetings and a library on the first floor. There is a woodland style garden for patients and companions to relax in the peaceful silence of the sur-



Inside and outside the new Gerson Therapy Center at Dobogoko, Hungary. Rooms, Dining area, Grounds

rounding hills.

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Ten Years After Breast Cancer

by Charlotte Gerson

Katressia Smith first noticed a lump in her breast. She consulted a doctor who said "It is probably just a spot." Because of the doctor's negative statement, Katressia did nothing. As much as five years later the 'spot' was rather sizable. Katressia again consulted a doctor and this time he removed a tumor and biopsied it. The tumor proved to be malignant. He took the results to a "Tumor Board" that met, without Katressia's presence or input, and decided what they wanted her to do.

Katressia had some background in herbs and vitamins and started to do a lot of research into unorthodox therapies. She found the Gerson Therapy, and it appealed to her. She was especially impressed with the idea of detoxification and healing the whole body. These ideas did not appear in other treatments. There was an herb and vitamin shop in her neighborhood, and she found interesting information there. Her mother was a nurse and her father a dentist, and she was actually doing work in medical research—but the detoxification was the key to her understanding. She liked the idea of detoxifying

the liver and rebuilding the organs contained in the Gerson Therapy. She also did a lot of praying.

During the three months she was researching, the tumor was still growing, so Katressia phoned the Gerson Institute. She was given the names of recovered patients, video-tapes and information, and she decided to go to the Mexican Gerson hospital. In 1998 she spent two weeks there.



Katressia in 2003 with her daughter

Katressia was greatly impressed with the kind and humble doctors she met there. One of these doctors did a lumpectomy. Dr. Melendez spent a good deal of time with her and taught her many details of healing. She also discussed liver toxicity and the need for heal-

ing and rebuilding her organs. Katressia was impressed with meeting so many interesting and extraordinary people at the clinic, patients from all over the world. Dr. Gerson's book was like a bible for her.

During one of Charlotte's visits, she discussed the role of cosmetics with Katressia, who quickly took off her false nails. "I've been natural ever since," she says.

In the course of the ten intervening years, Katressia had a number of other problems besides her cancer. She is a single mother, and her daughter was five years old at the time of her visit in Mexico. When she returned home, she was lucky: a Whole Foods Market plus a food co-op opened in her neighborhood so she could readily find organic food. However, also during that

time, her mother was diagnosed with colon cancer and passed away. Not much later, her father developed prostate cancer, and also died. With other family problems, she even lost her home and went into bankruptcy. Yet she was able to work through all these problems and is now well. She has strength and stamina, is currently working and stays close to the Gerson Therapy.

Katressia credits the Gerson Therapy, Charlotte Gerson, Dr. Melendez and the many others at the hospital and Institute "who were very attentive to encourage and teach me how to stay healthy. That is why today I still have life, hope and joy!"

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

GERSON® **HEALING** NEWSLETTER

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Publication Schedule

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

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

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YEAR OF GROWTH, CAREGIVERS, HAPPY B'DAY CHARLOTTE!

We are thrilled to report that 2009 is proving to be a year of continued growth with the sales of educational materials reaching record breaking totals in January, subscriptions to our free e-bulletin passing the 8,000 point, the Charlotte Gerson Health Restoration Center experiencing 100% occupancy at each session, our new Gerson Therapy Coaching program being well utilized, *The Beautiful Truth* documentary being available on DVD March 17th and the March 12th opening of Europe's first and only accredited Gerson® Health Centre in Hungary. From loyal supporters in New York showing films at local Sierra Club meetings, to certified caregivers traveling the world in service to our patients, to passionate members, recovered patients and Gerson friends daily spreading the word of hope, we seem to be living a revolution of self-responsibility for health and happiness.

To this end, I want to share a most interesting website about a family in Pasadena, Ca www.pathtofreesdom.com They are truly urban homesteaders living on 1/5 of an acre with half of that used to

produce food 100 feet from their back door. It reminds me of Dr. Gerson's advice decades ago about the honorable work of providing fresh, pure food for our loved ones.

Our January Gerson Basics/Caregiver Course in San Diego drew 22 registrants from a wide background. One of the favorite parts of my job is to participate in the opening session of self-introductions of these lovely people who come from all over the world. They are seekers of the truth and the path to self-responsibility for their and their loved ones health. Many have lost a family member or friend and use that pain as motivation to make a difference. People share with such openness and honesty—they are vulnerable, passionate and gripping. MD's, mothers of patients, millionaires, taxi drivers, engineers and the unemployed come together as a family for a few short days and it is our honor to give them the tools of hope and healing.

As a follow-up to Dr. Smith's article, "The Times They Are A Changin'", (Page 5): We are experiencing an increase in requests to send a copy

of Dr. Gerson's book, "A Cancer Therapy" to physicians interested in our program. If you have a health care professional who is open to Gerson and you would like us to send a complimentary copy, please email awilson@gerson.org with the name and address and we will do so.

Of course, no March communication would be complete without remembering Charlotte's 87th birthday on the 27th of this month. We are blessed with her weekly visits to our office and to the clinic in Mexico, her loyal service on our Board of Directors, the daily hours she spends with emails and phone calls in support of our staff and clients, her too numerous to mention ongoing interviews across all medias, lectures, writing and travels ... HAPPY BIRTHDAY CHARLOTTE—THE ENTIRE WORLD CELEBRATES YOU AND YOUR DEVOTION TO HEALING THE HOPELESS!!!

Be Healthy and Happy,

—Anita

Gerson Supplement Updates

by Kayla Smith, ND, Gerson Institute Medical Director

Obtaining the proper Gerson Therapy supplements in a timely manner is of utmost importance to those embarking or continuing on the Gerson Therapy. Watch for this new "Gerson Supplement Information Update Section" for any pertinent and helpful information.

STAT Pharmacy, ISHI and The Key Company are the three main suppliers of Gerson supplements. You may request a Product and Resources List from the Gerson Institute which will contain their contact information. The Key Company carries everything except thyroid, Lugol's solution, injectible crude liver, syringes and needles. ISHI carries everything except thyroid and Lugol's solution. STAT carries all supplements. From time to time these suppliers are out of stock of a certain product.

A few of the Gerson supplements are prescription items—these include USP

Thyroid, the injectible B₁₂ and crude liver extract, as well as the needles and syringes.

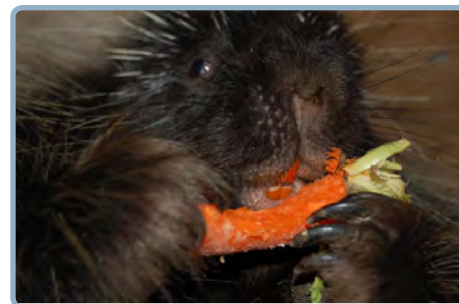
The correct thyroid to be used is a USP thyroid which is a natural preparation (not a synthetic compound) which contains T₄ and T₃ hormone in a specific ratio. Armour is one brand name. A simple glandular supplement which is ground up thyroid is not appropriate. Unless you have a physician willing to write a prescription on a regular basis for the thyroid, you will need to order this from STAT pharmacy in Mexico. It is usually available in a bottle of 1000 one-grain tablets for approximately \$100.00. If you live outside the US, you can still order from STAT.

Lugol's solution has come under some stricter regulations recently. At the current time you can order this in 2 oz bottles of half-strength (2½%) from STAT pharmacy or full strength (5%) from J. Crow, then dilute it by half with distilled water. The bottle that comes from STAT is labeled as Veggie Wash.

The supplier of the injectible crude liver

has been changing over the past couple of years. Currently STAT and ISHI carry the Extracto de Hígido by Harbin. This is used at 2.9 cc of liver and 0.1 cc of B₁₂. 3-cc syringes with needles are available from STAT or ISHI.

If you reside in Europe, Stephen Richards is able to supply most of the Gerson supplements. His contact information is in our Product and Resources List.



Priscilla Porcupine, Steve Kroschel's occasional housemate, munches happily on an organic carrot in Steve's kitchen. Steve, our premier cinematographer, lives in a one-room cabin near Haines, Alaska.

Pregnant women and infants may now relax ...

FDA Declares Mercury “Safe”!

by Charlotte Gerson

Near the end of December, 2008, assuming that people were busy with Christmas and possibly not paying much attention, the FDA dropped another bomb. They actually declared that, in spite of their earlier warnings four years ago that mercury containing fish (and, of course, vaccines and dental fillings, by association) are safe for infants as well as pregnant mothers. With this huge lie, the FDA has abolished its last possible vestige of credibility!

Mercury is one of the most toxic substances occurring in nature. Four years ago, the EPA and FDA issued a joint advisory warning to women of childbearing age, and warned pregnant women, nursing mothers, and children to stop eating swordfish, shark, tilefish and king mackerel, and to limit their consumption of other mercury-contaminated fish to a maximum of 12 ounces a week. Even those levels were not acceptable as safe, according to Dr. Jane Hightower M.D. This scientist says:

“We have known for years that mercury is toxic to your brain and other organs ... For FDA to suddenly change the equation to say that its benefits outweigh risks is like once again declaring the Earth is flat after discovering it was round. Patients in my private medical practice, as well as at other doctors’ offices around the country, have been diagnosed with mercury toxicity from eating too much fish. Ignoring the presence of a known neurotoxin in one’s diet is simply asking for trouble.”

It is Dr. Mercola’s opinion that “One has to wonder whether the FDA is looking out for our health or the financial health of agribusiness and the seafood industry (as well as Big Pharma). It is actually quite clear what they are doing.

Dr. Mercola continues: “Thousands of tons of mercury are released into the air each year through pollution and waste. It accumulates in streams, oceans, water and soil”

Then it accumulates in fish, and the larger the fish, the likelier they have high levels of this poison. The *National Resources Defense Council* points out that predatory fish, such as large tuna, swordfish, shark

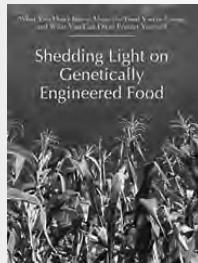
and mackerel can have mercury concentrations in their bodies that are 10,000 times higher than those of their surrounding waters. When you eat such fish, the mercury acts as a poison to your brain and nervous system. Of course it affects embryos and small children most, since their brains are still developing. This toxicity can cause:

- Mental retardation (autism, worsened by vaccines that contain mercury)
- Cerebral palsy
- Deafness
- Blindness

along with developmental disturbances, short attention span and learning disabilities. In adults, mercury poisoning has been linked to fertility problems, memory and vision loss, trouble with blood pressure regulation, extreme fatigue and neuro-muscular dysfunction.

Taber’s Cyclopedic Medical Dictionary lists a huge number of physical problems caused by mercury poisoning. These include mainly digestive system disturbances, except for the neurological symptoms: Tremor, irritability, personality changes, and depression. Then your doctor will drug you with anti-depressants, etc. worsening the situation with more toxic drugs.

We urgently suggest that you refrain from eating all fish as well as avoiding vaccines and silver-amalgam dental fillings—all linked to mercury poisoning.



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!

From the Mailbag

Recovering from Stage 4 Melanoma in the Spine

by Bill Donat

In December 2005, I was diagnosed with stage 4 melanoma. Early in 2006 I had a large mass removed from my back and another smaller tumor from my lung. After a series of CAT scans, PET scans, brain scans and bone scans I was told a few months later that the cancer had spread to an area behind my stomach wall and I had two tumors on my spine. The tumors on my spine soon hit the spinal cord and the pain was unbearable. They loaded me with steroids and pain killers and when they had the pain under control they tried to radiate the tumors to reduce their size. Radiation did nothing and I was now hooked on steroids and pain killers.

Since the oncologists gave me *no hope*, I started to investigate alternatives and found Gerson. I came to Mexico in June 2007 and stayed for three weeks. I have been on the program for 18 months (modified because I have two artificial hips) and I know that if I weren’t on your program I’d certainly be dead by now.

I still have some ways to go to have a normal life, since I lose stamina during the day and have a variety of aches and pains, but they are nothing like I had before. I can’t tell you how thankful I am for you and the Gerson family.

As a side benefit I am on *no* prescription medications. I had blood pressure problems (now 120/72 for a year). I had atrial fibrillation (now have no more irregular heartbeats). People think I’m crazy since I’m 75 yrs old/young in January, but I’m determined to show all the doctors who threw me under the bus that they did not have the final word.

Thanks again to you and the team in Mexico!

Sincerely,

—Bill Donat

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

With apologies to Bob Dylan ...

The Times, They Are A-Changin'

by Kayla Smith, ND, Gerson Institute Medical Director

I recently attended a conference hosted by Scripps Center for Integrative Medicine and the American Board of Holistic Medicine, entitled the Science and Clinical Application of Integrative Holistic Medicine. The physicians attending this conference have the option of becoming certified as providers of complementary and alternative medicine.

Integrative medicine defines health as much more than the absence of disease, and is positioned to focus on preventive care. It views health as the cohesive balance of mind, body, emotions and spirit.

I must say that I was very impressed with the quality of presentations. If I had not known differently, I could have been at one of my naturopathic conferences. Each presenter indicated that they first recommend proper diet and lifestyle changes and nutritional supplementation before prescribing drugs and they all discussed the importance of stress management and a heart centered rather than head centered approach to life.

Dietary recommendations included lots of many-colored fresh organic vegetables so that we receive a wide variety of flavinoids and antioxidants. The importance of a diet high in fiber and minerals and the reduction of meat and trans-fatty acids was emphasized. Check out www.eatwell.org as a web site listing organic produce suppliers nearest to you. A special gem: teach your children

how to cook while they are young.

Popular supplements recommended were selenium, milk thistle, Vitamin D, garlic, Omega-3 oils and certain minerals. Many of these nutrients we know we can get from our Gerson diet, however our soils are probably deficient in selenium and other minerals. Selenium and milk thistle are now endorsed by the Gerson Therapy.

Vitamin D deficiency is all pervasive and this nutrient is so important in many ways. Current research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain and much more.

In climates where there is much less exposure to the sun, supplementation may be beneficial. I think it is prudent to get tested for vitamin D (blood levels of 25(OH) D) and if subnormal, consult with your alternative practitioner.

The Ecological Medicine presentation was excellent but a difficult one to sit through. In 45 minutes we were shown the devastating effect we have made on our environment. There are 80,000 chemicals in production today and 3000-5000 in high use. No one experiences one toxin at a time—the effects are cumulative and probably synergistic. We all carry a body burden

University of California at Irvine gave the human dose equivalent of 2,000 to 3,000 mg of Vitamin B₃ to mice with Alzheimer's. It worked, Kim Green, one of the researchers, stated "Cognitively, they were cured. They performed as if they'd never developed the disease."

Words like "cheap and safe" are not readily tolerated by medical researchers. HealthDay [sic.] mentioned that the study's authors bought a year's supply for \$30, and it "appears to be safe." One researcher, Rebecca Wood, Chief Executive of the UK Alzheimer's Research Trust hurried to state that "in high doses, vitamin B₃ can be toxic."

of these chemical so keep up the juices and the enemas.

An excellent web site providing information on the toxic chemicals we need to avoid is the Environmental Working Group—www.ewg.org.

Of special concern are our exposures to Electromagnetic Fields (EMF's). These exposures are linked to childhood leukemia, adult and child brain tumors, neurodegenerative disease, immune system dysfunction, allergy and inflammation, breast cancer in men and women and some cardiovascular effects. It is particularly important that we minimize exposures to children who are even more vulnerable. Of special note are cordless and cellular phones. Meta-analysis found higher risk for long time users (10+ years) of high grade glioma and acoustic neuroma and a five-fold risk of cancer in people who started use in childhood. Cordless phones, although less damaging than cell phones, cause unhealthy influences making the old fashioned land line the best. If you must use a cell phone, limit the amount of time as effects are cumulative. Avoid keeping the cell phone on the body, but if you must wear it, position the keypad toward the body.

Again, I am encouraged to see that many mainstream physicians are becoming open minded and embracing concepts of alternative medicine. One physician ended his talk with these words, which I think come from a Nat King Cole Song: "The greatest thing you'll ever learn is just to love and be loved, in return."

Safe and inexpensive treatment with **High Doses of Niacin Fight Alzheimer's Disease**

From the Orthomolecular Medicine News Service, Dec. 9, 2008.

The news media reported recently that "huge doses of an ordinary vitamin appeared to eliminate memory problems in mice with the equivalent of Alzheimer's Disease." They then added that "Scientists aren't ready to recommend that people try the vitamin on their own." It turns out that this 'secret' vitamin is Niacin, Vitamin B₃. It is inexpensive and safe.

The study done by researchers at the

Not true. The Irish Times joined in the warning.

Famous Canadian psychiatrist Abram Hoffer, M.D., asserts that it is actually remarkably safe. He has used niacin in large amounts in his famous schizophrenia treatment with outstanding results and he flatly asserts that "it is actually remarkably safe." The LD-50 (the dosage that would kill half of those taking it) for dogs is 5,000-6,000 milligrams per kilogram (2.246 pounds) of body weight. That is equivalent to almost a pound of niacin per day for a human. Nobody takes 375,000 milligrams of niacin a day! It would create nausea long

continued on page 8

Colon Cancer with Liver Metastases

by Tom D'Anastasio, Charlotte Gerson

Dear Charlotte,

Thanks for your letter. We did speak about eight or ten weeks ago.

I was diagnosed with colon cancer in April 2008. The surgeon removed a large tumor in April 2008 and told me it had metastasized to the liver via four lesions. I OPTED NOT TO DO CHEMO. I transitioned to the Gerson Therapy in April 2008. I started doing coffee enemas even before reading your book. A voice that I presume was the Lord's voice spoke to me while I was crying out for a treatment plan. The voice told me to do coffee enemas. I know by now you probably think I'm nuts. But I'm not. Well maybe a little bit-LOL.

I lost my wife to breast cancer three years ago. I took her to Oasis of Hope. I have been studying alternative cancer cures since I was 18. I will be 58 in April. That's a forty year quest. I know with absolute certainty that your Dad found the cure a long time ago. I've read your book and Howard's book also. You were blessed with a wonderful father.

In an insurance exam two weeks before my surgery, my blood work was normal. Even after they removed the tumor and to date I have never had a positive result for cancer via my blood work!

I have never had any pain or any symptoms of the cancer except an occasional

mild pain near my liver which would last for a few minutes then go away, when I talked to you in December you told me it was a healing response. That mild pain stopped in January, and again it was very mild and happened maybe ten times at most.

I have picked up the forty pounds I lost prior to my surgery and I live a normal life. I will of course be on the Gerson Therapy for life. I confess I do cheat maybe once a week.

My most recent MRI was back in September. It showed the original four lesions were unchanged. I'm getting a new MRI this Friday.

There is one thing I am very sure of. I have a large parasite in me. Pieces of the parasite break off almost daily. I see it in my stool. It is about the size of a straw. It's disgusting.

Again I am perplexed about my normal blood work. My triglyceride level was very high the past two months but everything else is normal. I am blessed with excellent health and again have had no pain and no symptoms of cancer for the past 10 months.

I was given six months to live and I passed that point four months ago. Thanks again for all yours and Dr. Kayla's help. I want to go to the restoration center for a week but Dr. Kayla said I was unable to do so since I was never

at the Tijuana treatment center.

I am an accomplished musician. I will do a concert for free anywhere to help the Institute. I could furnish the Institute with a thousand CD's as a contribution which you could in turn sell to raise funds. Anyway I can help out please let me know.

I'll let you know the results of my MRI next week.

Thanks again—Tom D'Anastasio

Latest report from Tom:

"On April 8, 2008, I had surgery for the removal of a colon cancer. Metastases to the liver were discovered. On August 8th, an MRI revealed a liver tumor measuring 3.0 cm by 1.9 cm.

On Feb. 9th, 2009, a new MRI showed "a slight increase in one of the tumors, now measuring 3.6 cm by 2.5 cm, the other three tumors remained unchanged. No new masses—no abnormalities of spleen, pancreas, gallbladder or adrenal glands were found.

Tom adds: "I still regard my health as excellent. All blood work has been normal since August; my weight is 195 pounds."

I am delighted with Tom's general report; extraordinary in terms of "orthodox medicine," however a Gerson patient on the full, precise Therapy should show tumor reduction and a much better picture. Tom admits to "cheating once a week or so," and that is not acceptable. It could result in new tumor growth.—Charlotte

Cholesterol Drugs Losing Favor

by Charlotte Gerson

The above headline was on the front page of the San Diego *Union-Tribune*, September 2, 2008. The second line read "Usefulness doubted for Zetia, Vytorin." Then comes the incredible news: it turns out that the world's largest selling drugs, the cholesterol-lowering "statin" drugs, comprise a combination of statins with Zetia, with the generic name of "ezetimibe" and that they are essentially useless—aside from having severe side-effects. The article by Alex Berenson, of the New York Times News Service, discusses the "lack of evidence" that the drugs had

reduced heart attacks in cardiovascular disease. The author expresses surprise that in spite of this 'lack,' doctors are heavily prescribing these drugs to the extent that by 2007, sales had reached \$5.2 billion annually. Not only has the drug Vytorin failed two clinical trials, but there is now a suspicion that it may cause cancer!

The terrifying information continues. Alex Berenson reports that "patients in three clinical trials had a 40 percent higher chance of dying from cancer if they took Vytorin" rather than a sugar pill. Apparently certain prominent cardiologists begin to advise against taking the drugs and feel that they should not be sold.

Larger size trials have been started by Merck and Schering-Plough, who jointly

manufacture Vytorin and Zetia. But the FDA often approves a drug "based on short-term trials and hope that it succeeds later!" In the case of Vytorin and Zetia, they hope to have final confirmation by 2012! Often this type of approach is dangerous. In 1999, a diabetes drug, Avandia, was approved by the FDA, with claims that it reduced blood sugar. Sales jumped to \$3 billion in 2006 until it was announced in 2007 that Avandia increased heart attacks.

Another dangerous aspect of the FDA approval process: A cancer drug can be approved on the basis that it shrinks tumors—not because its manufacturer can show that patients live longer when they take it! As we well know, such shrinkage is often temporary with rapid growth following soon after.

Patient's Recovery Halted by

Filtered Fluoridated Shower Water

by Charlotte Gerson

On several occasions, we have published stories detailing the problems patients encounter when using fluoridated water for showers assuming that shower filters clear the poison, the latest article in the last issue of the *Healing Newsletter* (Vol. 24, No. 1). Here is another interesting situation that was made worse due to fluoride!

Sheila Ryan was diagnosed the day after her 50th birthday with acute appendicitis and underwent an emergency appendectomy. A week later, the appendix showed cancer, an aggressive cell type. She was told that she needed to have part of her colon removed and that chemo would not be effective. She submitted to the surgery and had a monthly test after that. Every subsequent month her cancer markers increased and she suffered from constant abdominal pain.

By January 2008, Sheila had metastases to the lining of the abdomen (omentum) and she was also warned that her survival would be less than a year without chemo and only two and a half years with chemo. After obtaining the opinion of several other oncologists, chemo was apparently her only option, "every two weeks for the rest of her life."

Sheila lost both her parents to cancer and didn't want to die that way. She refused the chemo and searched for other solutions.

A local doctor of naturopathy she spoke with pulled a book off his shelf, pointing out *The Gerson Therapy*. He told her that this therapy is what he would do. When Sheila read the book, it made sense to her. She wanted to get started at the clinic, but tried the first coffee enema at home, as she was suffering increasing pain at nights and "sleeping was difficult." She could not believe how good she felt after the first coffee enema; she slept through the night for the first time in a long time. "My distended stomach flattened and I was convinced that I could survive if I followed this therapy." Shortly after that, she went to the Mexican clinic.

One month later, she returned to her oncologist for a PET scan and blood work. She thought it was too soon for the therapy to make a difference. But the test showed that her tumor marker had come all the way down to a normal range. This had not happened for the past two years, during which it continued to rise. When faced with this evidence, the oncologist at first claimed that the previous PET scan was a false positive. When Sheila protested that this was alarming, since she had been signed up for a potentially deadly chemo 'cocktail' based on that very test, the oncologist responded that she could no longer take responsibility for what Sheila was doing, and "fired" her!

Now, nine months into her treatment, Sheila has a new problem: her most recent scan shows an increase in her tumor. She told us that she is taking showers in fluoridated water "with a shower filter." I explained to her that she must absolutely not do that since the filter does not remove all the fluoride—and if she wants to save her life, she will have to take sponge baths in distilled water or showers with a "camping shower" filled with distilled water. Unfortunately, Sheila is not the only patient who has this same problem: **bathing in fluoridated water and assuming that "shower filters" will remove the poison from the water can be deadly.**

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Oh, No! Not Victoria's Secret ...

Formaldehyde in Bras

by Charlotte Gerson

Dr. Joseph Mercola (M.D.) has a regular column on the Internet. He often reports very interesting material that we feel would benefit our readers. This is one of those.

Several women have claimed that using a bra from Victoria's Secret has made them sick. They experienced red welts, hot, inflamed, blistering and itching profusely. It seriously disturbed their sleep. One lady filed a lawsuit against Victoria's Secret and has since been contacted by dozens of women suffering from similar symptoms. These ladies are now asking permission to join her in a class action law suit.

The lawyers purchased the same bra types and had them laboratory tested. The tests apparently revealed traces of formaldehyde, which is used in the textile industry to make fabrics crease resistant.

Formaldehyde has other applications in the fabrics industry: It is used in permanent press fabrics, in anti-cling and anti-wrinkle as well as anti-shrink materials; it is used for waterproofing and stain resistance, and to make clothes items perspiration proof, moth proof, mildew resistant and color-fast.

According to the American Contact Dermatitis Society, many other items are treated with formaldehyde resins. The problem is that formaldehyde is also listed as a "probable carcinogen."



Niacin / Alzheimers ...

continued from page 5

before it could reach a harmful dose.” The American Association of Poison Control Centers’ Toxic Exposure Surveillance System annual reports indicate that there is not even one death per year due to niacin in any of its forms. “But there are 106,000 deaths annually attributable to properly prescribed prescription drugs, approved by the FDA. This figure is just for one year, and just for the USA. Furthermore, when overdoses, incorrect prescriptions, and adverse drug interactions are figured in, total drug fatalities number over a quarter of a million dead. Each Year.”

On the other hand, Orthomolecular physicians have found niacin and other nutrients to be an effective treatment for obsessive compulsive disorders, anxiety, bipolar disorder, depression, psychotic behavior and schizophrenia.

The article goes on to state that there are constantly increasing drugs promoted for the treatment of Alzheimer’s Disease. These have had “a disappointing, even dismal success rate.” So when nutrition and a cheap vitamin may be the better answer, foot-dragging is inexcusable.

Valuable Tidbits

by Charlotte Gerson

From Dr. Joseph Mercola (Oct. 8,2008)
An educated, healthy and confident nation is harder to govern. There is an element of many in control in the government that does not want people to be educated, healthy and confident because they would be out of control. (*Our government’s solution to dumb us down? Add fluoride to our water!* — Charlotte Gerson)

From Dr. Francisco Contreras:
“Americans are suffering from so many diseases because they are gorging on fiberless feasts of dead flesh, high fructose corn syrup and refined junk foods filled with additives and chemicals. Without a doubt, we have become eating machines with two thirds of our country FAT!

Gerson Media News ...

continued from page 1

The new book will retail for \$27.95 when it becomes available, but for three months, until June 1, 2009, Gerson Institute members will be able to purchase copies in any amount for the special introductory price of \$16.95, nearly 40% off the eventual list price. For an additional \$4.00 contribution to the Gerson Institute, the author, your Editor, will dedicate and sign the book for you. Shipping and California sales tax are, of course, extra. While supplies last, the book’s first edition will be on clearance sale for \$12.95 plus shipping.

There is, at the moment, a possibility that *Dr. Max Gerson: Healing the Hopeless* will be made into a major motion picture, but the details are not yet set. We’ll definitely keep you informed of the progress of this project, if and when it comes to fruition.

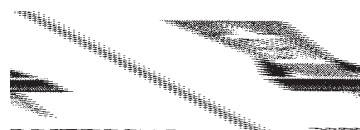
Beata Bishop, Charlotte’s phenomenal co-author, novelist, BBC writer, psychologist and 28-year survivor of stage IV spreading melanoma, has announced the publication of the Hungarian translation of *Healing the Gerson Way*, with a launch scheduled for March 10th, two days before the opening of the Gerson Therapy Centre in Dobogoko, Hungary (story on p. 1). To have accomplished both these feats simultaneously is an enormous and incredibly demanding accomplishment that must be admired, honored and marveled at.

Jacek Dyczczak, our Polish publisher, has told us the happy news that his first edition of *Terapia Doktora Gersona (Healing the Gerson Way)*, published in November, is already almost sold out, and he is planning a second printing. He tells

us he has not yet really begun the major publicity push for the book. Jacek is energetically publishing magazine articles, presenting himself as a recovering patient to physicians’ groups, speaking on the radio, and generally doing a wonderful job publicizing the book.

Poland, like many other former Eastern Bloc nations, has a terrible cancer problem, partially due to the rampant pollution of the environment left by the former communist governments. If you are interested in purchasing the Polish version, the Gerson Institute has a limited number of them available for \$30 each, or you may go to Jacek’s website, <http://www.terapiagersonaa.com.pl/ksiazka.html> to get it. If you live in Europe, getting it directly from the website will save the two-way trip across the Atlantic and the United States.

In the next few months, we expect word of the publication of the Italian, Slovenian and Arabic versions of *Healing the Gerson Way*, and a bit further in the future the Japanese and Chinese translations. Stay tuned; you’ll hear about them here first.



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The cause of 36,000 deaths annually:

“The Unholy Alliance” Between Psychiatrists and Drug Companies

by Dr. Joseph Mercola, The Mercola Newsletter, and Charlotte Gerson

There is a new method for increasing drug sales: it is called “disease-mongering”. It simply consists of giving normal, average kids’ behavior a medical name, making a new disease out of it, to be treated by drugs, of course.

It works like this:

- Does your child argue with adults, lose his temper or annoy people? He has “Oppositional Defiant Disorder”
- If your child has trouble with math, he has “Mathmatics Disorder”.
- Or if you or your teenager is uncertain about what path to take in life, what your values or career goals are, you’ve got an “Identity Problem”.

Of course any one of these ‘disorders’ has a drug solution. And the pills do not eliminate the problem but instead merely relieve the symptoms for a while. That is until the side effects begin and you run the risk of feeling even worse than before.

Here are just a few side effects:

- Anxiety, depression, impulsivity and obsession
- Anger, compulsion, temper tantrums, and from a supposed mood stabilizer, mood instability
- Social awkwardness, withdrawal, tics
- Sleep disturbances
- Separation anxiety
- Behavior Problems

In 2007, half a million children and teenagers were given at least one prescription for an anti-psychotic drug, including 20,500 under the age of six. These powerful medications are given to children for normal behavioral problems, such as attention deficit disorder, and often they are not approved for use in children.

In the U.S. children are getting three times more prescriptions for antidepressants and stimulants, and up to double the amount of antipsychotic drugs than kids in Germany and the Netherlands.

In the United Kingdom, the use of psy-

choactive drugs on children under 18 is forbidden, as when they are prescribed, there is a noticeable increase in teen suicides. An *expectable* side effect of several of these drugs, most notably Ritalin®, is “violent psychotic episodes.” Like, for instance, school shootings? In the United States, although Ritalin has been prescribed for children as young as two years old, it has never been tested for safety on children less than six years old. In fact, many day-care centers will not accept children who are not on Ritalin, which makes them easier to handle.

In a now-common tactic, ADD/ADHD was only declared a “disease” after pharmaceutical manufacturers made hefty and secret payments to the senior directors of the American Psychiatric Association (APA). Those payments have paid off handsomely!

Dr. Mercola suggests: If you or your child suffers from a supposed emotional disorder, do seek help but not from somebody who uses drugs as a first line of defense. *Optimize your child’s diet and lifestyle; this will significantly improve the chance of natural health.*

Unfortunately, Dr. Mercola does not give any specific indication of how the child’s diet or lifestyle should be changed. It does remain a fact, however, that many of the children who have gone around shooting and killing classmates, were on school-prescribed psychotropic drugs, under the care of a psychiatrist. The pharmaceutical companies took great care to make sure that the public was not informed of this little marketing problem. That was easy: since the kids were under a doctor’s care, that would have been “an invasion of privacy.” The records were not released.

On the other hand, some material has already been released showing that putting a child who is supposedly anti-social, or had ADD or some other “diagnosable” psychiatric problem, on an **organic, mainly vegetarian diet** returns him/her to normalcy.

AAP Now Recommending

Cholesterol Drugs for 8-Year-Olds

with thanks to the Orthomolecular News Service.

American kids are getting fatter, and these children’s cholesterol is going up so fast that the American Academy of Pediatrics wants kids as young as 8 years of age to take these drugs, too. However, watch out, the American Academy of Pediatrics projects receive cash from drug companies. No wonder, says the *Orthomolecular Medicine News Service* of Aug. 18, 2008, they support putting your kids on drugs. In their October, 2008 conference, the Academy with its 60,000 members, their exhibition hall was sold out.

The Orthomolecular Medicine News states the following: “If a person will not change their lifestyle, their doctor should prescribe niacin (Vitamin B₃, the most effective way to lower cholesterol and triglycerides, and raise beneficial HDL, (High Density Lipoproteins, the good ones) and also the cheapest and by far the safest way!” The president of the American College of Cardiology, Dr. Steven E. Nissen said, “Niacin is really it. Nothing else available is that effective.”

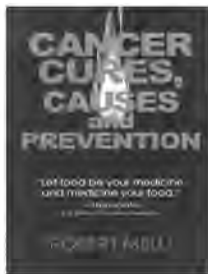
Additional protection against cardiovascular disease comes from supplementing with Vitamins E, C, and the amino-acid L-lysine. If you need help, take vitamins, not drugs. There is not one death per year from vitamin supplements. There are over 106,000 deaths per year from prescribed pharmaceutical drugs.

While cholesterol-lowering drugs can produce serious side effects in adults, the risk is even greater for the still developing bodies of children. Side-effects include fever, liver damage, muscle pain and/or break-down, memory loss, personality changes, irritability, headaches, anxiety, depression, chest pain, acid reflux, dry mouth, vomiting, leg pain, insomnia, tremors, dizziness and still more.

[Remember, once you start taking these drugs, you are told you must stay on them for the rest of your life!—Ed.]

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-Howard Straus,
Editor, Gerson Healing Newsletter



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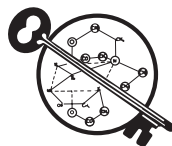
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Gerson Therapy Workshops, Lectures & Events, 2009

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
Sun., Mar. 1 & Mon. Mar. 2, 2009, at 7:00pm	The Beautiful Truth screening in Edmonton, Alberta, Canada	Metro Cinema, 6-32, 7 Churchill Square, Edmonton AB T5J 2V5 Canada, the Winter Light Festival.	Howard Straus, NL Editor, will host Q&A sessions after each show, and will sell and sign Gerson books.	For more information about the film, show times and directions, and about the Winter Light Festival itself, please visit the website www.winterlight.ca , and look under "Events".
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/evinfo.php?eventid=28480 .
Tue., Mar. 17	Cinema Libre releases "The Beautiful Truth" on DVD	The Gerson Institute, San Diego, CA		To order your copy of <i>The Beautiful Truth</i> , Steve Kroschel's third Gerson Therapy documentary, contact the Gerson Institute, www.gerson.org , or telephone at +1 (619) 685-5353.
Mon., Mar. 30 to Sun., Apr. 5, 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 x127. email: ksmith@gerson.org . Please call for details, costs and availability.