

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

DVDs and Books Popular

by Howard Straus, Editor

Information about the Gerson Therapy, though carefully and thoroughly barred from the mainstream media, continues to be more and more widely disseminated through non-standard outlets. We announced in the last *Newsletter* that Steve Kroschel's wonderful Gerson Therapy documentary *The Beautiful Truth* was going to be released as a DVD on March 17th, and since then, it has been difficult to keep Charlotte Gerson and Beata Bishop's book, *Healing the Gerson Way*, in stock.

Immediately on the film's release to DVD, Netflix, an Internet-based video rental company, bought 1,500 copies to rent out, and also made it available for online viewing for their customers. Normally, Netflix purchases 300 units of whatever Cinema Libre Studio releases, so this was an extraordinary purchase. Renters on Netflix are invited to rate the films they watch as guides to prospective viewers, and the film has earned a four star rating, highly unusual for their rated films.

In addition, Hollywood Video, a large video rental operation, purchased nearly 2,000 units for rental at their stores.

Within days, the sales volume of *Healing the Gerson Way* shot through the

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Colon, rectal and biliary pancreatic cancer, lots of chemo

Shaye Ramont's Remarkable Story

by Charlotte Gerson

Shaye Ramont was born in 1960 and has an amazing history. He always loved baseball, and took up playing ball professionally. He was involved in baseball, at one time at the University of Oral Roberts in Oklahoma, and eventually played for the Montreal Expos for three years. He also played in the Roy Hobbs World Series in November '08, pitched against Minnesota, Puerto Rico and California and won the World Series.

As a major league athlete, he was a rather heavy beer drinker, and chewed Copenhagen Snuff (but didn't smoke).

Shaye has had a history of ulcerative colitis since the age of 17. He was medicated to control this problem, but by the age of 33 he was diagnosed with colon cancer, possibly stage 2, but that was not quite certain. He had surgery, an extensive colectomy and was treated with chemotherapy (Gemzar®, 5FU and leukovorin) for 52 weeks! In 2000, (at age 40)

he had a recurrence, this time it was rectal cancer. His atrial fibrillation since the age of eight was controlled with Lanoxin.

In 2002, he had additional surgery. By December of 2006 he had a lymph node biopsy under the right arm



Shaye Ramont, suited up in his Milwaukee Brewers uniform

Nevertheless, during all this time and the many recurrences and treatments, Shaye was married and has seven children. He also has his own businesses—and coaches baseball at various schools.

Shaye had a serious life-threatening recurrence in November 2006. At that time, Dr. Robert F. Todd, III at the University of Michigan Comprehensive Cancer Clinic studied slides made at the Mayo Clinic, and diagnosed "adenocarcinoma of pancreatobiliary origin spread to regional lymph nodes."

Shaye was again treated with Gemzar which was interrupted for a week due to serious depression of his neutrophils (white blood count).

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Shaye Ramont's story ...

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Over a period of six months of Gemzar, Shaye lost 26 pounds and "felt very sick." He started the Gerson Therapy in December 2006, and went "intensive" by January 2007, while still on chemotherapy. After three months, Shaye stopped the chemo, but continued the Gerson Therapy. After six months on the Gerson Therapy, he had a powerful "flare-up," was very sick to his stomach and passed "putrid smelling diarrhea." Then his abdominal discomfort disappeared, and he was told that his cancer was "not active" (the tumor tissue did not light up in the scan)—even though he had been given a "hopeless" prognosis of possibly a few months' survival before starting the Gerson Therapy.

In the meantime, Shaye has had five MRIs, three PET Scans, two CAT scans—all negative.

It is my guess that he is able to survive in good condition due to his constant physical activity, even during much of the time he took chemotherapy. (C.G.)

Shaye now coaches kids 10 years and under at a Catholic high school in Lansing, Michigan. He also runs his businesses and is in good condition, feels well. He often talks to friends and acquaintances about healing with the Gerson Therapy. One time, a family asked him to come to see if he could help a daughter who had pancreatic cancer. They told him that their grandmother had used the Gerson Therapy some 23

years ago to overcome her breast cancer. When Shaye asked how their grandmother did with this treatment, the family pointed to the lady sitting at the end of the sofa, now 92 years old, alive and well, and told him, "There she is!"



FDA approves dangerous

Antidepressants: For Women? And Children?

by Charlotte Gerson

The following article, dated March 13, 2009, comes from the Health Sciences Institute (HSI) newsletter, written by Michele Cagan.

The Journal of the American College of Cardiology is about to publish a new study that links antidepressants with sudden cardiac death in women. Does the mainstream medical community take notice, and think twice about recommending these drugs? No.

Instead, the researchers stated "the finding doesn't necessarily mean that antidepressant drugs are dangerous." Apparently, sudden cardiac death is not a "dangerous" side effect.

Antidepressants for children? It seems to me that normal kids have ups and downs and only need to be nourished with fresh, organic foods to be perfectly able to deal with them. But that is not the idea of the pharmaceutical industry.

As it turns out, Michele Cagan writes that hardly a month after the U.S. Department of Justice sued Forest Labs, manufacturers of the blockbuster suicide-inducing antidepressant Lexapro® for illegally marketing the drug for children when it was not approved for use in children, the FDA *approved* this highly dangerous drug for use *in children!*

The danger of death by antidepressants is widely known. On the Forest Labs' own Lexapro website, this warning appears:

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Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, adolescents, and young adults in short-term studies of major depressive disorders and other psychiatric disorders.

Further, Michele Cagan states: "If your child is depressed, Lexapro could send him/her over the edge to suicide. If your doctor recommends this dangerous drug for your child, walk out of his office and find a new doctor.

Editor's note: This article is particularly disturbing because Congress already funded mandatory psychological testing for children and pregnant women, and may require anti-psychotic drugs for those deemed "at risk." SSRI antidepressant drugs, such as Lexapro and Prozac, were banned in the UK for use on children under 18 some years ago due to the sharply increased risk of suicidal behavior in children, among other dangerous side-effects.



GERSON®

HEALING NEWSLETTER

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Howard D. Straus, Editor

Please address all letters and comments to:

The Gerson Institute
1572 Second Avenue
San Diego, CA 92101

☎ (619) 685-5353 fax: (619) 685-5363

e-mail: mail@gerson.org

URL: <http://www.gerson.org>

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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.

PARTY, GREEN BOOK & HEALING ARTS FESTS, NEW STAFF

Gerson staff and their family, Board Members, volunteers, clinic doctors, new friends, golden friends and long-time supporters gathered on March 27th for a special celebration of Charlotte's 87th birthday. Charlotte inspired all with stories from her early years in Europe and thanked everyone present for their contribution to helping so many people to heal over the years.

"Adversity just makes me stronger," she explained, as her strategy for dealing with opposition and obstacles. The buffet of organic food, some from local gardens, was a testimony to the variety of colors, flavors and textures that fresh vegetables have to offer. She expressed gratitude for all of the cards and donations that were made in her honor. We wish her many more years of health and happiness!

We are expanding our outreach in southern California. We entered the books *Healing the Gerson Way* and *Dr. Max Gerson: Healing the Hopeless* into the *Green Book Festival* in Los Angeles. The annual competition honors books that contribute to greater understanding,

respect and positive action on the changing worldwide environment. The grand prize is \$1,500 and transportation to the April, 2009 Earth Day celebration in Los Angeles or an equivalent amount donated to an environmental charity of choice.



Charlotte's 87th Birthday party at the Institute

On May 3rd we will have a booth at the annual Healing Arts Festival in Balboa Park in San Diego. This gives us a chance to network with other holistic health practitioners and meet people interested in natural healing. We are sharing our booth with a special organization called Victory Gardens San Diego www.victorygardenssandiego.com.

We are building a Network of Gerson activists worldwide—our GIFT (Gerson International Friends Team) list and a map to show where everyone is located. If you would like to join our GIFT list, or have creative ideas for how others can help, contact Silvana Procopio at sprocopio@gerson.org, 619-685-5353 ext. 108.

NEXT CAREGIVER AND GERSON THERAPY BASICS CLASS June 26–28.

We are constantly improving our classes to meet the needs of all who want to learn the Gerson Therapy. We offer a two and a half day training in San Diego for individuals wanting to care for a loved one or for non-licensed health care providers to expand their knowledge. Also for anyone who wants to learn how to do the Gerson Therapy for themselves or others. It includes:

- Hands-on juicing experience

Their volunteers help develop and create home, school and community food gardens throughout San Diego, and strengthen the local food movement by using local, sustainable, healthy, earth-friendly methods for food production.

I want to welcome back Diane Ake, Resource Development Specialist, to the Gerson Institute. And I want to introduce our new Educational Resource Specialist, Marsha Anderson and Special Events Chef Liz Cook. Like the rest of our team, they each have an abundance of creative energy, dedication and unlimited ideas. Diane has already written a technology grant and Marsha organized two excellent media interviews above and beyond her job responsibilities. Liz is joyfully grounded in her new role after one session at the Wellness Center. We are very busy, equally happy and continuing to re-invent ourselves in order to better meet the needs of our many patients and clients.

During a time of global economic challenges and discouraging headlines, we find ourselves not only surviving but thriving.

—Anita

Institute Shorts

by Diane Ake, Resource Specialist

VOLUNTEERS NEEDED WORLDWIDE!

Want to spread the word about the Gerson Therapy?

Give out flyers to your friends or at community events?

Arrange a showing or invite people to watch a Gerson documentary?

Publicize upcoming Gerson events in your area?

Find book stores and local libraries that are willing to carry our books and DVDs?

Give us information on places to buy enema buckets, organic produce, organic coffee, or other Gerson Therapy supplies in your area, to improve our Products Resources List?

- Food preparation by a Gerson expert
- Preparing and doing coffee enemas
- Supplements and healing reactions
- Suggestions and practical guidance from staff and recovered patients

To register, contact Barbara Conde at 888-443-7766 or (619) 685-5353 or bconde@gerson.org. Registration includes organic Gerson snacks, juices, two breakfasts and two lunches.

SPECIAL THANKS

We are grateful to the How Co. Ltd. in Japan for their generous sponsorship of Charlotte Gerson's 87th Birthday Celebration!

Thank You!

Are you taking your neighbor's chemo drugs or HRT?

Vast Array of Pharmaceuticals Found in Drinking Water

by Charlotte Gerson

An Associated Press investigation has come up with worrisome findings. On the basis of the findings of several researchers in Europe, they looked into the chemical content of many major U.S. cities' drinking water. Their findings were amazing!

A vast array of chemicals showed up in the drinking water of some 41 million Americans. They occur in tiny concentrations, some in parts per billion, and well below the amounts given as prescriptions by physicians. However, the problem is that they are *always* present and even in tiny amounts, it is not known what their effects may be. The chemicals found included antibiotics, anticonvulsants, mood stabilizers, and sex hormones. The dangers of multiple drug interactions are known to be present, but with so many combinations to consider, it is virtually impossible to predict the health effects of these chemicals. Water supply companies insist that their water is safe.

It may be wise to remember that homeopathy depends on powerful health effects from even the tiniest concentration of chemicals. However these are given by people well versed in the knowledge of very small amounts of the substances they administer and their effects, whereas the vast array of "incidental" pharmaceuticals that we get inadvertently through our water supply arrives in our bodies in uncontrolled amounts and nearly infinite combinations.

The AP inquired further into the problem

Gerson Institute Wish List

- 5 new computers
- 2 flat screen monitors
- Graphic Artist volunteers
- San Diego area volunteers to do typing

Contact Diane Ake at
dake@gerson.org or
619-685-5353 ext. 109

and found, in the course of five months, that drugs have been discovered in the drinking water of 24 major metropolitan areas, ranging all across the United States.

How do they get there?

Some years ago, a Swiss pharmaceutical chemist pondered the possibility of the drug that he was working on entering the water supply through the mechanism of incomplete metabolism and waste water elimination. Testing the water supply for that drug, he found it in the water table. Then he worried about the possibility of other pharmaceuticals entering the water supply through the same mechanism, and tested for a few dozen more, *each of which he found*.

Problem is widely ignored

The public is not aware of this problem; it is not discussed in the media. The fact that 'waste water' is cleaned and re-circulated is not well known. Members of the AP National Investigative Team reviewed hundreds of papers, drinking water databases, and did some 230 interviews with officials and scientists.

In the Philadelphia water supply, 56 pharmaceuticals were found in treated drinking water, including medicines for pain, infection, high cholesterol, asthma, epilepsy, mental disease and heart problems. In the drinking water in Southern California, for 18.5 million people, anti-anxiety medications were found. In the San Francisco water supply, a sex hormone was found, and six pharmaceuticals were seen in the D.C. drinking water. These are only a few examples.

A Harvard School of Public Health chemist, James Shine, explains the following:

Some drugs are very efficient and the body metabolizes (uses up) more than 80% of these as they go through the system. Other drugs are harder to assimilate, and only half is used. Still other drugs, like metformin for diabetes and atenolol for high blood pressure are not well metabolized and at least 80% of these end up in the toilet, and are "cleaned" and eventually returned

into the drinking water supply, to be delivered to unsuspecting adults, and even worse, children. The inference is that *any drug that anyone is consuming in your water catchment* may be found in your tap water, and in the flesh of fish that live in the waters that drain from that basin.

It may be assumed that distilling drinking water removes most (if not all) of these unwanted drugs. This would require that *all your drinking, cooking or enema water should be distilled*.

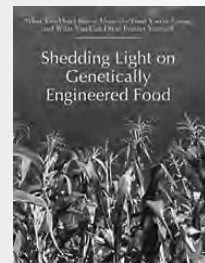
Annual Apple Alert

by Charlotte Gerson

The usual fresh crop of apples arrives on the market during the middle of August (in the Northern hemisphere). By June, the old crop of organic apples is gone and already in late May, only organic 'red and golden delicious' apples are available. Those are too sweet for regular juicing; they may even cause the juice to jell!

It is therefore important to plan ahead for this time: go to your health food store or regular supplier of organic produce and pay in advance for two or three boxes of green apples (greenings, granny smith, or others, except red or golden delicious) and ask him to store them in his refrigerated warehouse for you. You can then pick them up as you need them.

Also when the first new crop comes in, it is often somewhat unripe, and sour. At such a time, we suggest that you mix those apples with some of the old (even sweet) apples in order to avoid stomach upsets.



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!

Breast Implant Poisoning

by Charlotte Gerson

Just after we closed the last issue of the *Gerson Healing Newsletter*, we received a disturbing phone call. One of the Gerson patients who had spent several weeks at the Mexican Gerson hospital, was not doing well. After some initial success, she was not feeling well, was losing weight—had problems.

After many questions on her adherence to the full Therapy, it became clear that all the details of her handling of the treatment were correct. So what was wrong? Just as a post-script, it turned out that all along, she had breast implants. Foreign material in her body that the body is fighting but unable to reject!

At that time, a chat with our editor, Howard Straus, who lives in Carmel, California, brought up the seriousness of the problem. Howard has done a number of lectures on health and healing with the Gerson Therapy, and he is quite well known in his area—a well-to-do, and not very large resort community. This is what he reported:

Some years ago, he received a phone call from a lady, suffering from breast cancer, and interested to know what he might be able to tell her about healing. Of course he explained the Gerson Therapy, and also urgently suggested that she have her breast implants removed. At that, she simply hung up the phone. Within one year, she was dead.

The second call Howard received was from a lady who had breast implants done a number of years earlier. At the time of her call, she explained that for a while, she simply had not felt well. She also had some discomfort in the chest area. Finally, she had decided to have the implants removed. Her surgeon obliged and told her that it is a rather simple procedure, and it might take as little as 20 minutes in surgery. And then the surgeon as well as the patient got the surprise: As he removed the implants, he found beneath each of them a large number of cysts which he proceeded to remove. This surgery turned out to be a four-hour operation while he tried to clear all the cysts that had formed! Please note that cysts are defined in *Taber's*

Cyclopedic Medical Dictionary as “an abnormal structure resulting from developmental anomalies, obstruction of ducts, or parasitic infection.” Cysts are foreign growths, not necessarily malignant, but often turning malignant in time!

Then, Howard got a third call. (That is rather a surprising number, considering the smallish community of Carmel.) A lady told Howard that for the last few years, she had suffered bouts of pneumonia every single winter, and had a hard time recovering. She, too, was not feeling well, and thought that it might have something to do with her breast implants. She then had very thorough tests done, *all of which turned out negative*. So, naturally, her doctor felt that there was nothing wrong. Nevertheless, she opted to have the implants removed. Another big surprise: The bags filled with silicone had burst and the silicone had spread all over her chest cavity, into her lungs, her muscles, etc. *Yet, nothing abnormal had shown on her tests!*

This case reminded us of a similar situation that we ran across: Many years ago a lady arrived at the Mexican Gerson clinic whose implants had already burst some time earlier. She knew that the silicone had spread inside her chest cavity. She presented with very serious headaches that she thought were migraines. She was extremely weak, bedfast, had trouble concentrating and was seriously depressed. It took some time of detoxifying her on the Gerson treatment; but her headaches disappeared, she takes a one to two mile walk daily, and she is functioning quite normally as long as she stays close to the Gerson Therapy.

With the above information, as we rechecked the arrival information of other breast cancer patients, we found a few other cases who did not respond well to the treatment—who had breast implants. **As a result, the admission policy of the Gerson clinic has changed:** Breast cancer patients will no longer be admitted if they have implants. If they agree to have the implants removed prior to admission, the

hospital will take them. Please remember that the Gerson doctors feel that if they cannot help a patient, they will not admit him/her.

We also feel that this new information is timely and worrisome. The reason is that “elective surgery” such as breast implants is becoming more and more common. These operations have multiplied to the point where parents now often give their daughters breast implants as a graduation present! While these implants are not immediately damaging, they are obviously going to cause problems over the longer term—problems too serious to ignore. Not a good graduation present.

Vaccine Tests Kill 12 Infants in Argentina

by Charlotte Gerson

GlaxoSmithKline (GSK) the huge British pharmaceutical company, was staging a study to test a pneumonia vaccine in Argentina. In the course of the past year, 12 infants who were part of this study died.

While it is true that pneumonia kills an estimated two million children annually, most of those deaths occur in sub-Saharan Africa and South Asia. The Argentina study used children from poor families, and according to the Argentine Federation of Health Professionals, the families were “pressured and forced into signing consent forms.” In spite of denunciations, the study is still going on!

A GSK spokesperson states that . . . “Safety and ethical treatment is our major concern.” This is clearly *not* the case. On the contrary, Dr. Joseph Mercola comments that “GSK is counting on its expanded vaccine research to boost its bottom line.”

The good news is that pneumonia in children has a good, cheap and easy method of prevention. According to UNICEF (United Nations Children’s Fund) the most effective forms of (harmless) prevention of pneumonia include:

- Exclusive breast feeding for six months
- Adequate nutrition and zinc supplementation
- Reducing indoor air pollution

Reviewing a total of 10 studies, investiga-

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Surviving decades longer than expected,

A Gerson Person Celebrates Her 90th

by Charlotte Gerson

Susan Hacker, born in October 1917, had a most interesting life. She left home at age 18, lived for many years in China. However, at her mother's urging, she would come home to the U.S. every other year to check on her health. Sure enough, in her early thirties, she contracted infectious hepatitis in Shanghai, a problem that all her co-workers also experienced. She became so ill, a fever of 105°, and had to be taken to a hospital. There it was found that along with her hepatitis, she was also suffering from paratyphoid fever! She remained in the hospital and, per doctor's order, continued to rest at home for six weeks.

During one of her bi-annual visits home, she visited a gynecologist who noted 'a small tumor' in her uterus. He felt it was too small to risk surgery, so she returned two years later. At that time, she could feel her tumor. It was removed and it proved to be a benign growth in her uterus. However, in the course of her treatments, it was determined that she was also suffering from endometriosis.

While she had always been 'regular' as far as her bowel habits were concerned, after the above surgery, she was permanently constipated. It didn't worry her too much even though she had bowel movements only every three or four days! She didn't do anything about it in spite of the fact that it caused her hemorrhoids—along with other discomforts..

After she was married, the couple settled in Hawaii, where she lived for many years. In 1978, she had a tumor in her breast. Surgery showed an infiltrating intraductal carcinoma. The surgeon performed a radical mastectomy on her left side and even removed some of the muscles in her upper back! This later caused her pain in her back and rib muscles. When he proceeded after the surgery to schedule a mammogram and an MRI, then examined her other breast, she wondered why. He warned her that her kind of cancer would spread!

She swore never to go back to that surgeon. Just 'by accident', only two weeks

later she ran across a flyer advertising a lecture to be given in her area about the Gerson Therapy. That approach sounded logical and right for her—so just two weeks later, in May of 1978 she started the Gerson Therapy in Mexico.

It immediately cleared her constipation and hemorrhoids, and she felt better after the enemas. She had been worried about those because of bad experiences with enemas in her childhood. Returning home to Hawaii, she found it really difficult to obtain organic food locally. It became still more difficult when a young man, who had been providing the needed produce, stopped distributing those items. At that time, about 20 months into the Gerson Therapy, continuing it was almost impossible.

Meantime her husband had joined her in eating the same "Gerson food." His heart was strengthened, but his basal cell lesion did not clear. He heard about a 'needle' treatment in Mexico and tried it. There he contacted a serious infection, and in 1989 he was diagnosed with a strep in two heart valves. He had surgery at Stanford for heart valve replacement. He was all right for a while until one of the new valves failed and he had further strep infections. His cardiologist discovered heart fibrillation and prescribed Coumadin®. He took this drug for about nine months even though it did not stabilize his heart. Then he had a brain hemorrhage, his heart failed in 2001 and he died. Susan heard the neurosurgeon in the ICU at the hospital say that "it was the Coumadin!"

Susan had cataract surgery in 2004. The day after the second eye was operated, she had a pulse of 120. Another physician prescribed "drips" while she was in the hospital. [She doesn't know what these contained,] however she regularly had had heart fibrillation for many years. After five days on the 'drips,' she went home, feeling terrible, and returned to the emergency where she was told she had been overdosed. However, she continued the prescribed drugs! These included

Coumadin, which she didn't trust in the first place due to her husband's experience.

In 2005 Susan broke her hip. However, since she was on Coumadin (warfarin sodium blood thinner) surgery had to be delayed for five days while the Coumadin was discontinued. She was told that during the ensuing surgery, she had congestive heart failure—since it took so much longer than usual for this procedure. This was followed by five days in the hospital and then three weeks in "rehab." That experience, Susan describes, as terrible. Conditions were poor, and for all the patients there was only one nurse. Also, during the entire three weeks, she didn't once move her bowel! Suppositories didn't work. She then decided to go home, even though she was told that she wasn't ready to be released. She called a nurse friend who demanded that the doctors release her, and was able to take her home. It took a while to clear her bowel; but she managed with the help of coffee enemas. Nevertheless, she was frightened by her cardiologists into continuing to take Coumadin and other drugs, or else she "might have a stroke." She felt she was being overdosed, cut the amounts in half, which helped. Still, she felt terrible, had almost constant nausea, was weak and, what bothered her most, she was feeling "hopeless, like she was going down the drain."

Finally, in September of 2007, she went back to the "less intensive Therapy," cut out **all** drugs, took juices, etc., and after only three weeks, felt vastly improved! All her pain from old injuries and other disturbances were gone; her ankles that had been swollen for years, returned to near normal; she had much better energy, and most importantly, her hopelessness vanished and she was able to function, take care of her business and enjoy life again. On October 17th, 2007 Susan celebrated her 90th birthday, celebrating in much better health and spirits.

Susan passed away eight months later in June, 2008, having enjoyed decades more of her life than she had thought possible. She appeared in Steve Kroschel's excellent 2006 documentary, Dying to Have Known.

Important Bits and Pieces

by Charlotte Gerson

A new report, apparently released by the *National Council on Radiation Protection and Measurement* shows that the radiation exposure of Americans has increased more than 600% over the last three decades. Most of it is due to patients' exposure to radiation by medical imaging procedures such as CT scans and mammograms. Doctors do not seem to worry about patients' exposure to the alarmingly high levels of radiation caused by CT scans bombarding patients' bodies with (per the above council's report) as much radiation as **surviving an atomic bomb blast!** Further info to be found at <http://www.naturalnews.com/025767.html>.

In India, two researchers (Teotia & Teotia) concluded the largest **dental study** in the world so far, lasting over a period of 30 years. They examined 400,000 children and found that tooth decay *increased* with fluoride concentrations in the water and *decreased* with calcium concentration.

Vaccines Are NOT Required

James H. Winer, after writing to a local newspaper (in Pittsburgh, PA) about vaccines, received the following reply from the paper:

"Vaccines are NOT required for children to attend school in Pennsylvania, nor *in any other state*. Section 28, Paragraph 23.84B states: "Children need not be vaccinated if

the parent or guardian objects in writing." The objection can be philosophical, as it is against the U.S. Constitution to make a law based on religion.

If vaccines are effective, how come so many children get the diseases anyhow, such as measles and chicken pox? If they are safe, how come the vaccine manufacturers induced the Bush administration to pass a law making it illegal for people with vaccine-related injuries to sue them?

A 19-year-old West Virginia University student died from bacterial meningitis that she got from the vaccine.

A 25-year-old man died that week in Pittsburgh from the flu after having the flu shot.

Healthy diets "loaded with plant foods"

Walter Willet, Head of the Nutrition Department at the Harvard School of Public Health, made the following statement:

"Evidence is mounting that the healthiest diets are loaded with plant foods (vegetables, fruit and beans) and short on animal foods (meat, fish, poultry and dairy products), especially those with a high fat content.

Drugs MDs wouldn't take

Doctors were asked to name drugs they would never take. One of the drugs named was Pfizer's Celebrex®. When the arthritis pain drug Vioxx® was withdrawn from the market because it had killed at least 144,000 people, Pfizer advertised proudly that their drug Celebrex, which controls arthritis pain similarly to Vioxx, was safe. Here is what doctors think:

Celebrex has been linked to increased risks of stomach bleeding, kidney trouble, and liver damage. According to a 2005 study, people taking 200 mg of Celebrex twice a day (to control arthritis pain) more than doubled their risk of dying of cardiovascular disease. Those who took 400 mg twice a day more than *tripled* their risk. (Source: MSN Health, as reported by Dr. Mercola.)

FDA leaves lethal drug on market

From the Health Sciences Institute (HSI) newsletter: The FDA in action had passed a new psoriasis drug, called Raptiva®, (by Genentech) and it was quite popular. It was after 'just' three deaths that it will be pulled from the market. The deaths were caused by a fatal brain infection, called PML (progressive multifocal leukoencephalopathy). The date when the drug will be withdrawn from the market is June 8, 2009. Until then, any number of people who are not aware of the ruling can still obtain Raptiva—and die.

Lethal pre-colonoscopy drugs

Also from HSI, by Michele Cagan: If you are in line to receive a colonoscopy, be on the watch for some deadly drugs, also approved by FDA. As you may know, the doctor hands you a sheet with instructions about how to prepare for a colonoscopy by cleansing the bowel. This is done by special "pre-colonoscopy drugs," some of which are extremely dangerous. These toxic drugs (which include VisiCol® and OsmoPrep®) have been linked to *permanent kidney damage*. A "black box warning" that was issued by the FDA has managed to stay out of the spotlight, so most patients are unaware of the possible danger. The kidney damage the drugs have caused is *irreparable* and can set you up for a lifetime of dialysis and other complications. Ask your doctor for a different pre-procedure colon cleanser, such as MiraLAX®, CoLyte®, or TriLyte®. (*I believe that a coffee enema the day before and then again just before reporting for the procedure will do—with no harm, only benefit!*—CG)

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Prostate Test Saves Few Lives, Tests Show

by Charlotte Gerson

This material was taken from the *New York Times News Service*, and written by a staff writer of *The Associated Press*, Terri Somers. A contribution also comes from the Washington Post.

Two huge studies, one done in Europe, and another one done in the USA, have found that “The PSA (prostate specific antigen) test which is widely used to screen for prostate cancer, leads to risky and unnecessary treatments much more frequently than to saving lives! These findings confirm serious doubts about the wisdom of widespread PSA screening. Part of the problem is that a raised PSA does not necessarily indicate cancer!

There could be numerous other reasons, and only a biopsy (tissue examination) can confirm cancer

The studies on which this report is based are “some of the most important studies in the history of men’s health” said Dr. Otis Brawley, chief medical officer at the American Cancer Society.

In the United States where screening is widely used, researchers reported that it did not save lives in a study of 76,000 men. In Europe, where the practice is less common, in more than 162,000 men it was found that a modest reduction of deaths (fewer than seven in 10,000 men) could be reported. The problem is that the testing put more men at risk of receiving treatments they didn’t need! These treatments can lead to impotence, incontinence when surgery is used, and if radiation is given, it can cause painful defecation or chronic diarrhea. Both these studies were published by *The New England Journal of Medicine*.

The U.S. study was led by Dr. Gerald Andriole of Washington University. It found no reduction in deaths from prostate cancer after most of the men had been followed for 10 years. Dr. Barnett Kramer, co-author of the study at the National Institutes of Health, found that after a seven years follow-up, the death rate was 13 percent lower for the unscreened group.

Gerson Media News ...

continued from page 1

roof, and the Gerson Institute has been scrambling since to fill orders for both books and DVDs. In addition, Amazon.com has been selling the books rapidly enough that we have arranged a second edition so we don’t run out of stock!

At the same time, Charlotte Gerson and your editor, Howard Straus have been invited on many radio interviews to talk about the books, films and the Gerson Therapy, as well as the state of health, medical care, agriculture and their interactions with our ability to heal.

Sherry Beall’s KPFK-FM Fundraiser

On February 20, we both appeared on KPFK-FM Los Angeles on Sherry Beall’s Healthy Planet, Healthy Me radio program, where Charlotte Gerson’s book, our own biography *Dr. Max Gerson: Healing the Hopeless*, and some of our documentaries were being promoted as premiums for contributions to the listener-supported station. The response was so enthusiastic that the program was played four more times during the next week, helping the station earn over \$70,000! The program, on which Shaye Ramont called in and told his story (page 1), is archived on KPFK’s website (<http://archive.kpfk.org/parchive/>) for replay any-time, anywhere in the world. Just look for “Healthy Planet, Healthy Me” for February 20, 2009.

We take *The Beautiful Truth* to Canada

Your editor also had a lovely, if frigid, Canadian experience with *The Beautiful Truth*. We were invited to the Edmonton, Alberta “Winter Light” festival, where they were going to show the film twice, and wanted us to give a “Q&A” session after the film, as we did in New York, Los Angeles and San Francisco. All well and good, but to visit Edmonton, about as far north as Canada builds cities, in the depths of winter is an icy experience. The wind chill at night ran right down to -35 degrees F. (brrr!), and we were actually induced to attend a “Star Party” at a nature preserve west of the city, stargazing through telescopes at 10:00 PM.

Though we had to carefully monitor for possible frostbite, the entire trip was made warm and welcoming by Jeremy Rittwage and the staff of Winter Light, and by every

Canadian we met. That is one of the reasons that we love to go to Canada: these people are suffering from terminal “nice,” and could not have treated us better. By the time we boarded the airplane back to San Francisco, we had made many new friends, acclimated to the icy blasts, and actually look forward to visiting again (although, hopefully, in the summer).

After each showing, the audiences responded similarly to the audiences in the States, buying about one *Healing the Gerson Way* book for every two members of the audience! A group of naturopaths from Edmonton attended en masse, and now carry the book in their practice for sale to their clients. Every independent bookstore and health food store in the city also carries our books now.

So hurray to Canada, and thank you to all my new Canadian friends for the warm, hospitable and delightful reception to the verge of the frozen tundra! I truly look forward to visiting again.

Infants Die in Vaccine Test ...

continued from page 5

tors at Johns Hopkins University in Baltimore and the World Health Organization (WHO) found that zinc supplementation alone reduces the risk of pneumonia by 41 percent. Compared to another recent GSK vaccine trial in Gambia, their vaccine reduced pneumonia by 37 percent. **However**, keep in mind that study after study “has shown that only about 1 to 1.5 percent of all side effects are ever reported!” (Dr. Joseph Mercola) The NVIC (National Vaccine Information Center) *Investigative Report on the Vaccine Adverse Event Reporting System* found that in New York, only 1 of about 40 doctor’s offices (2.5 percent) reported a death or injury following vaccination. Yet, warns Dr. Mercola, “The government and the medical community RELY on these figures, which are up to 99 PERCENT INACCURATE!” [Capitals by Dr. Mercola.]

His ultimate statement reads, “Whatever you do, please, *please* do your homework before subjecting your children to any vaccine.” Please also remember our item (“Bits and Pieces” in this issue, p. 7) that vaccinations are not required if parents or guardians object.

Exactly What are these drugs doing for me ... and for YOU?

Letter from Italy – Questions to ask your doctor.

by Margaret Straus

People often phone me regarding a problem with cancer. Sometimes they have just been given my name and don't know very much about the Gerson Therapy. Lately this has been a problem because we have been without either of Charlotte Gerson's books for several months. (*Healing the Gerson Way* in its Italian translation will be coming out after Easter.) So I have to do a lot of explaining and can't simply say, "Call when you have read the book."

Naturally they have doubts. Here in Italy the therapy is known by almost everyone in the health field, but not too many of the public. So they want to know if they should stop chemo (or not start it) and do the therapy or even hedge their bets and take both chemo and the Gerson Therapy.

Questions like that put me in a very awkward position. It is not legal to advise patients against "standard" treatments for their illnesses, however strongly I feel about them, or however poor the success rate of these treatments has proved to be. My hesitation might seem a lack of conviction. So I try and help them ask informed but simple questions most people don't think to ask their doctors, and that way they can make their own decision.

The fundamental question to ask when a doctor urges chemotherapy, especially *for metastasized* cancer, is "What are you hoping to achieve by giving me this treatment?" and if he answers "an extension of your life" find out by how long and what probabilities there are that you will gain even that amount of time. Very often they will talk about a few more weeks or a month, but with little conviction. I am afraid this comes as a shock to patients, since they accept treatment in the hope of a cure.

For the unlikely prospect of a few extra weeks of life, the cost is usually unacceptably high in suffering and pain. An advertisement for a new chemo drug reads:

... that given to women after surgery, it

"has been effective in reducing the risk of breast cancer recurrence for *some* women."

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

One doctor spoke of "a one in a hundred chance of slight tumor reduction"! If tumor reduction at somewhat better odds is what he is hoping for, the second question should be "would that extend my life and by how long?" because it does not necessarily follow.

I would definitely want to know before embarking on what everyone knows is a highly toxic and uncomfortable treatment how many long term survivors there are and whether the doctor can put you in touch with any of them. Mostly he can't, or won't, and will give a likely excuse.


And don't bother to ask him if he would take chemotherapy in your situation. The research has already been done. Repeated surveys of doctors show that at least 75% would refuse chemotherapy if they, or a family member, were diagnosed with cancer. However, they receive large sums from pharmaceutical companies to prescribe chemotherapy drugs. A newspaper report reads:

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

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


the company's drugs during 2006.' The report prepared by the FDA scientists said "no evidence indicated that the medicines either improved quality of life in patients or **extended their survival**, while several studies suggested that the drugs can shorten patients' lives when used at high doses." The drugs involved are Aranesp and Epogen, from Amgen, and Procrit from Johnson & Johnson and are among the world's top-selling drugs with total combined sales of \$10 billion.

At this point I suggest prospective patients consider the data from the Surveillance Epidemiology and End Results (SEER) report published by the National Cancer Institute showing that the overall impact of chemotherapy on five-year survival in *all* types of cancer is just 2.1%, and that includes non-Hodgkins lymphoma and Hodgkins Disease which, respectively, have a five-year survival of 10 and 40%. For most of the other forms of cancer the figure is *zero*. I would certainly prefer a placebo.

Fortunately there is a much better alternative: the Gerson Therapy! 

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

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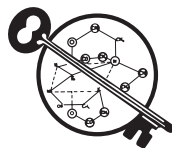
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Gerson Therapy Workshops, Lectures & Events, 2009

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., May 3, 2009, 10:00am to 6:00pm	Healing Arts Fair	Balboa Park, San Diego, CA	Charlotte Gerson will sign her books from 2:00pm-4:00pm	Barbara Conde, the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: bconde@gerson.org .
Thur., May 7 to Thur., May 21, 2009	Treatment Session	Gerson Therapy Centre, Dobogoko, Hungary	Dr. Melanie Nagy and Gerson Centre Staff	Email: info@efa.t-online.hu . Tel/Fax: 00-36-1-217-1360. Web: www.egeszsegforras.hu . Addr: Hungary 2099 Dobogoko Tery Odon u. 18.
Sun., May 17 to Sun., May 24, 2009	Module I for Licensed Medical Professionals	San Diego, CA	Charlotte Gerson, Dr. K. Smith, Dr. L. Bravo, Dr. A. Melendez and Dr. D. Kennedy	Dr. Kayla Smith, ND at the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: ksmith@gerson.org . Please call for price and availability.
Fri., Jun. 26 to Sun., Jun. 28, 2009	Caregiver/Gerson Basics Class	San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Carol Beard.	Barbara Conde, the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: bconde@gerson.org . Please ask about price and availability.
Sat., Jul. 25 and Sun., Jul. 26, 2009	Cancer Control Society Convention, Japan Chapter	Belle Salle Kudan, Tokyo, Japan	Howard Straus, <i>Gerson Healing Newsletter</i> Editor, Author of <i>Dr. Max Gerson: Healing the Hopeless</i> .	Mr. Akitsugu Moriyama, Pres., CCS-Japan. 3-7-5 Inage Higashi, Chiba, Chiba 263-0031, Japan. Email: airtime@peach.ocn.ne.jp . Tel: +81 (43) 2049800
Sun., Jul. 27 to Sun., Aug. 2, 2009	One week Wellness session	Charlotte Gerson Health Restoration Center, San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Carol Beard.	Dr. Kayla Smith, ND at the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: ksmith@gerson.org . Please call for price and availability.
Sat., Sep. 5 to Mon., Sep. 7, 2009	Cancer Control Society Labor Day Convention	Sheraton Universal, Universal City, CA. Hotel Reservations call (800) 325-3535.	Charlotte Gerson. The Institute will have a booth on the convention floor.	Cancer Control Society, 2043 North Berendo St., Los Angeles, CA 90027. Tel: (323) 663-7801. Fee: \$40/day for all events.