

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

Italian, Spanish, Chinese Translations

Gerson Therapy Media News

By Howard Straus, Editor

There is more good news regarding foreign interest in *Healing the Gerson Way*, although there are no new publications yet (this issue).

We are getting excellent reports from Alan Furmanski, our recovered Gerson patient / publisher in Bogotá, who received his first printing of 2,000 books on August 11, 2009. By the end of the Bogotá book fair twelve days later, he had sold or shipped all of them, and had to print another 5,000. At the one month mark after publication, *Terapia Gerson* was listed as the number three best-selling book in Colombia, and one week later, the number two best-seller. There it has stayed since. The only book selling more in Colombia is one by Isabel Allende, a top selling author from Chile. *Terapia Gerson* is also available from Amazon.com.

Alan has been receiving orders from other Spanish-speaking countries, and has also initiated an organic farming operation, with plans for an organic supermarket to supply the new demand for produce. He has arranged to translate and subtitle Steven Kroschel's documentary *The Beautiful Truth*

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Lisa Mendoza's victory over deadly cancer

Lisa Beats Melanoma in Two Years

by Charlotte Gerson

Lisa Mendoza's birthday is one day after Dr. Gerson's, Oct 19, but the year was 1959, the year Dr. Gerson died. In August 2007, she noticed a mole on her elbow which bothered her when she put her arm down. She went to a dermatologist in Hillcrest (San Diego) who recommended seeing an oncologist at Sharp Hospital.

Oddly, this was the second time that she saw this doctor. The first time she saw him because of a hematoma on her side. At that time, he told her that she was wasting his time and that all he could offer her was a "tummy tuck." He was short and rude, so she was not happy to see him again. But the experience gave her a good understanding of how the doctors work. She left his office in tears.

At this second visit, the doctor offered her an oncologist. Her ex-husband researched other oncologists on the Internet and found one at the Greene Hospital division of Scripps. The oncologist told her that she needed surgery to remove the mole. When the tissue was examined, it turned out

positive for melanoma, and was described as Stage 3. She was further told that she needed surgery in order to get "clean margins" (no malignant cells in the surgery area).

Lisa had the surgery in October '07.



Lisa Mendoza

Along with the mole, the surgeon also removed six lymph nodes of which two were positive for melanoma. A few days after the surgery, she developed a staph infection and her arm swelled to the size of her leg. She landed in the ER and had emergency surgery. The doctor had to remove all the sutures of the prior surgery and open the wound to

clean it! She had to stay in the hospital for another day. However, when she was released and went home, she vaguely remembered something about the Gerson Therapy.

After this surgery, the doctor contacted her with three registered letters urging her to have *all* her lymph nodes removed in order to extend her life. If she did not have that surgery along with regular monthly

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Lisa Beats Melanoma ...

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Interferon, she had at most two years to live; with the surgery and Interferon, she could have as many as five years. Of course Lisa was terribly frightened. That's when she walked into the offices of the Gerson Institute.

There she met Dr. Kayla Smith. Kayla was kind and friendly and Lisa felt better immediately, responding to loving care. That is when she knew she would be okay.

Since Lisa had the additional problem of needing to work and being unable to afford the Mexican Hospital, Kayla helped her by arranging for her to work in the Gerson Institute kitchen, learning how to prepare the juices, the meals, and the full Therapy.

During the first year, Lisa tells us that she did the entire Therapy correctly and carefully—except she had to work! She was terribly tired. She had the help of her mother and her daughter and her energy was much improved. During the second year, she felt that she needed additional help and found various items: For instance, she used some Qigong and yoga when she had time. She also had a few intravenous ozone injections (a total of about ten) and ultraviolet blood irradiation. She took some Vitamin C and DMSO (possibly six times), and also added some CoQ10, selenium and took four ounces of Essiac tea three times a day.

In June of '08, she found a scab on top of her head (in her scalp). She had it biop-

sied and the surgeon reported that it was positive for melanoma. Lisa had the lesion removed—with an area of her scalp about the size of a nickel. Despite her surgeon's request, she did not return to him.

In January 2009 Lisa really felt that she needed "a change" and decided to take a cruise to Cabo. She promised herself to eat only the 'right' foods, but found that to be simply impossible. There was just nothing that fit into the Gerson menu!

Thus, it was not too surprising to her that on her return some months later, in April 2009 she felt a 'bump' on her clavicle.

She went back to the melanoma specialist in Los Angeles who told her that her melanoma was in her lymph system and that he needed to remove the 'bump'. She refused that time and went back to a 100% Gerson Therapy, adding grape seed extract and turmeric—and the tumor shrank! She visited the same melanoma specialist again about four months later, just last Wednesday (September 16, 2009). He did a complete check around all her system and PET scan. He then congratulated her and stated that now she is *cancer free*. He also said that in his entire career, in the course of which he had seen some 15,000 melanoma patients, he had never seen this happen. He then questioned Lisa in all details about 'what she was doing', how many juices, how prepared, enemas, on and on. She referred him to the book.

I strongly cautioned Lisa to stay on the Therapy for at least two years to fully heal and strengthen her immune system. She can not afford another recurrence!

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\$45.00 or more (foreign memberships US\$55.00) to The Gerson Institute.

*Stay close to Nature,
and her eternal laws
will protect you.
—Max Gerson, MD*

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Action is FDA trademark

FDA Bans Natural Thyroid Millions Need

by Charlotte Gerson

We have learned that TIME-Cap Labs, producer of a generic version of the brand name drug Armour, a natural and bioidentical thyroid replacement, has been ordered by the FDA (Food and Drug Administration) to stop production. The FDA has decided to classify the company's product, *available for over a century*, as an unapproved *new* drug. Since the new drug approval process is prohibitively expensive for a non-patentable substance, the FDA is in effect banning the natural product. The purpose? Presumably to protect the profits of other, inferior drugs that have been FDA-approved. The FDA does not ban deadly pharmaceuticals, only that which is safe or effective.

GERSON® HEALING NEWSLETTER

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From the desk of Anita Wilson, Executive Director

BOARD, G.I.F.T., HAPPY GROWTH, HUNGARY, NEW STAFF

We are in joyful celebration of our increased capacity to serve mankind during this, the season of the harvest. With a growing Board of Directors and increases in the number of staff and volunteers, our programs are expanding, our technological improvements further enhancing our ability to serve, our creativity reflected in improved opportunities for our clients, and our world-wide reach stretching beyond previous limits.

Our G.I.F.T. (Gerson International Friends Team) List has grown to 75 volunteers dedicated to spreading the word, showing Gerson documentaries, distributing literature at local events, selling memberships and sharing ideas. Thanks to Silvana Procopio for an outstanding job with this project. Our monthly e-bulletin subscription list is approaching 14,000. Our Labor Day week-end presence at the Cancer Control Society was the most successful ever and Charlotte received a standing ovation after her key-note presentation. Our October Gerson Basics/Caregiver Workshop registration was filled two weeks prior to the event and our September Wellness Center session was overflowing. Our Gerson Coaching

Program continues to grow with increasing numbers receiving this low-cost, patient-centered, personalized support service. There is a strong pulse of excitement, new energy and a feeling of unlimited potential permeating the Gerson work.

The skilled and dedicated team at the Gerson Health Centre near Budapest, Hungary, continues to experience 100% occupancy. With dignity, passion and honor they have provided the Gerson Therapy to patients from 16 countries, during the first six months of operation. Reflecting the essence of Dr. Gerson's heart and soul for this life affirming therapy, they also provide a well-structured, patient follow-up program. Congratulations to Beata Bishop, Dr. Melania Nagy, Beatrix Bedo and your ever-growing team for helping to heal the hopeless.

We are happy to announce the addition of our new team member, Merry Roberts, who joined us in early September. Previously, she served as a volunteer working on the planned revision of the Gerson Handbook. She is the assistant to Dr. Kayla Smith, Medical Services Director and Carol Beard, Director of Professional Services. She brings a rich business background with

lots of start-up experience, which strengthens our foundation for future, planned growth and expansion. Currently she is focusing on our Gerson Coaching Program and Gerson Certified Caregiver Program. October 5th was the launch date for our experimental phase of a new Community Based Caregiver Intern program, whereby residents of the community host trainees who provide the non-medical aspects of the therapy. Welcome Merry.

I want to publicly recognize Diane Ake, our Resource Development Specialist, who has devoted hundreds of hours providing the leadership and implementation for our recent outstanding accomplishments with the website which offers a drastically updated, secure online store, our beautiful new brochure, development of other promotional and educational materials, coordination of a large team of outstanding volunteers, while still keeping current with her other wide and varied responsibilities. Diane, you make such a difference for Gerson.

A Blessed Holiday Season to All,

—Anita

New Gerson Brochure, CCS

by Diane Ake, Resource Specialist
New Gerson Logo and Brochure

The Gerson Institute has a new logo and an upgraded brochure, thanks to the volunteer graphic design efforts of Sharon Taylor (STGraphicZone.com). If you would like a free electronic version of our brochure to share with your family and friends, log on to our website www.gerson.org and click on "Request a Brochure." To be able to more widely distribute the brochures, we need donations or discounts on paper and printing. If you can help with that, or have any ideas, contact Diane Ake 619-685-5353 ext. 109 dake@gerson.org.



We are also launching our new website this month. If you have access to the Internet, please check it out. The new site makes it much more secure and easy to order books and DVDs online. You can easily order Gift Certificates for the holidays through the new store as well. If you have read our books and watched our DVD's, we need you to write a review of those items in our store (just click on the item and then click on "Write a Review" on the bottom of the page).

Lastly, the Gerson Institute now has a fan page and a group page on Facebook. If you have any ideas for those pages, please contact Diane Ake at the Institute.



Convention Booth and Speech a Big Success
Over Labor Day weekend, we had a booth at the Cancer Control Society's 37th Annual Convention. Our new brochures were a big

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Gerson Media News ...

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in Spanish, and show the film all over Colombia, and eventually, South and Central America.

Charlotte's daughter Margaret Straus reports from Italy that *Guarire con il Metodo Gerson*, published by Macro Edizione, a large health book publisher, is the best-selling title on Macro's list. Margaret has been instrumental in facilitating and verifying the translations of several pieces of Gerson literature and media in Italy, where she and her family live. *Guarire* comes along with a DVD of Stephen Kroschel's second Gerson Therapy documentary, *Dying to Have Known*, translated into Italian, in a pocket inside the back cover.

There are two translations of *Healing the Gerson Way* that are very near publication, as well. Our Kuwaiti publisher, Waleed al-Essa, tells us that he is very close to having a physical book ready, and Jing Mefferts, who comes from a long line of Traditional Chinese Medicine healers in Hong Kong, has just told us that the Chinese translation is complete. All it now lacks is a publisher, and we are actively seeking one.

On the horizon, we have contracted for a Croatian translation, the Slovenian translation is complete and looking for a publisher, and we are negotiating for translations in Turkish, Portuguese and Hindi, but those are most likely going to be in the more distant future.

Congratulations again to authors Charlotte Gerson and Beata Bishop. The excellent quality of the book and the Therapy's results keep attracting translators and publishers in other countries who wish to bring the benefits of the Gerson Therapy to their countrymen.

Dr. Gerson's stated goal of publishing his therapy all over the world is finally coming to fruition, thanks to decades of dedicated and tireless work of Charlotte Gerson and a host of Gerson Therapy patients, fans, practitioners, caregivers, and professionals in all walks of life. We are proud to be part of that success!

From the Mail Bag

Indian MDs Using Gerson Therapy for Themselves

by Charlotte Gerson

A lovely Indian family from Texas (names changed for their privacy) used the Gerson Therapy successfully to save their son's life and restore both husband and wife's good health. They have now carried the word to their native India, and are helping their families and community.

Hello Ms. Charlotte,

There is an interesting bit of news from India.

On my last trip to India, I had spoken with three Medical Doctors about the Gerson therapy and explained the basics. Two of the MDs are trying this on themselves, and reaping benefits. [My wife] Sandee's parents are doing the Gerson therapy in Central India, and they are seeing the benefits as well. After hearing of these benefits, my brother-in-law's parents in Northern India

have also started the therapy (even though they were very reluctant initially).

The third doctor that I spoke with is a surgeon and he performs many surgeries daily. He was operating on a person who had cancer. At some point in the surgery, the patient went into coma.

The doctor happened to remember conversations about the Gerson therapy and coffee enemas. He gave the patient a coffee enema and the patient woke up!

This incident happened last week in northern India. In India, medical doctors are not so constrained in trying out new approaches. It was so good to hear this news.

Regarding [our son] Adi, I had sent an update to you some time back. I know how busy you are—I assume that we should continue to follow the current approach.

Many thanks!

—Ajay

New Brochure, CCS ...

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hit. The booth was jam-packed with people, especially after Charlotte spoke on Saturday morning (for which she received a standing ovation). "We were the busiest booth in the entire place," reported Carol Beard. We sold a lot of books and DVDs, signed up people for our email list, spoke with doctors interested in our Practitioner Training and others wanting to be trained as Gerson Caregivers. Many thanks to all the volunteers who worked the booth, drove Charlotte to the convention and the staff who volunteered their time over the three days.

Gerson Institute Wish List

New Computers
Flat Screen Computer Monitors
Paper and Printing

Please contact Mika at +1 (685) 5353 or email her at mpaydentravrs@gerson.org if you can contribute any of these items.

Here's a wonderful gift idea for your friends and family: Give them a membership to the Gerson Institute, and share the important health information in the Gerson Healing Newsletter with those you love six times a year.

Or, you may prefer to give a gift certificate for books, DVDs and other Gerson material at the Gerson.org online store

Give a gift that will keep giving for a lifetime!

The Story of Immunization

by Charlotte Gerson

Worldwide pandemics of infections and disease are not new. With the lack of civilization and cleanliness, some of the epidemics of the past caused millions of deaths in Europe and probably in other parts of the world.

In the eighteenth century, a brilliant British doctor, Edward Jenner (1749-1823) made a remarkable observation. He noted that when young milk-maids were infected with a disease described as “cow-pox,” which turned out to be a mild form of the deadly smallpox, they did not develop smallpox.

Jenner experimented with this idea and courageously infected others with cow-pox to see if they were thus protected. Sure enough; people who had overcome the cow-pox did not sicken with the deadly smallpox.

The idea was scary and at first seriously opposed. But eventually, it was recognized and the basic idea of “immunization” via a milder infection than the dreaded one was generally introduced.

Further into the 19th century, Louis Pasteur (1822-1895) expanded on the idea of weakening germs, claiming that all diseases were caused by germs (which he was the first to identify), and that a cure could be achieved only by destroying the germs. His contemporary and philosophical opponent, Antoine Bechamp, on the other hand, claimed that what mattered was not the germ but the condition of the organism. Only on his deathbed did Pasteur admit that “the germ is nothing, the terrain is everything.” But modern medicine did not take note, and pasteurization and the germ theory of disease produced income—so it remained—along with vaccination and supposed immunization, injecting the weakened microbe in order to stimulate the immune system to develop a complete immunity.

This idea eventually spread world-wide and produced general vaccinations against all kinds of microbes. The underlying idea was to stimulate the immune system to produce immunity against the particular germ infecting the public. Pasteur was praised and recognized as a great savior of lives.

Immunization has stayed. At this time it is also recognized by the huge and powerful pharmaceutical companies as a tremendous money maker. They promote it by frightening the public.

In recent example, Gardasil® was developed to prevent infection by the human papilloma virus (HPV). For many years, that virus is known to have infected approximately 95-98% of all girls and women—but it is usually quite easily overcome without help. It needs no intervention, and most often does not produce serious long-term effects. However women are told that their daughters must receive the vaccine to prevent the disease, and that the infection could eventually cause cancer!

In the past year or two, some 14,000 serious side-effects with problems as severe as paralysis, have developed in young girls who were given this dangerous vaccine! There have been reports of dozens of deaths caused by Gardasil, a vaccine given for a mild, almost harmless disease! Young women wishing to immigrate are now required to be vaccinated with Gardasil; one of the “side-effects” appears to be that vaccinated women cannot bear children (become sterile).

The “swine flu” is somewhat different. It can affect anybody. However, in the majority of cases, it has shown itself to be relatively mild and readily overcome. Only those with already life-threatening conditions have died, and in the few dozens, certainly not enough to qualify for the label “pandemic.” (The annual seasonal flu supposedly kills 36,50,000 people annually without an outcry from the government.) Yet the government, in league with the pharmaceutical companies, are propagating publicity campaigns telling us that it will kill millions, that it is dangerous, that it can cause a “pandemic,” etc. *Time Magazine* carried an article praising the US government for providing over 250 million shots of vaccines for the prevention of the swine flu! However, *Time* did not mention the warnings voiced by a respected researcher and neurosurgeon, Dr. Russell Blaylock, who gives the information below:

Among other things, the vaccine contains thimerosal, a highly toxic mercury compound, that causes brain damage and autism. There has been so much public objection to this item, that the manufacturers of the vaccine have reduced the amount per dose below the threshold where it must appear on the label, *but have not removed it*. Instead, it has been replaced by other, possibly even more dangerous chemicals, such as

Aluminum, which can cause Alzheimer’s and Lou Gehrig’s disease, and

Squalene, an oil and water material that stimulates auto-immune diseases, asthma, diabetes, brain inflammation loss of memory and/or coordination.

These adjuvants (additives) are known to kill and injure children, destroying or ruining the brains of offspring of the pregnant women who are to receive it, causes miscarriages in the pregnant women who are the first targets of the vaccination program; it can kill the elderly, and it can bring about a whole new generation with brain disorders, autism and cancer.

The vaccine has infected many people who got the swine flu *as a result of the vaccination*, as well as those who had contact with them, even if they did not get vaccinated! Two of the deaths in Mexico when the swine flu first “appeared” were physicians who had been vaccinated!

Dr. Blaylock also suggests the following if you are forced to take the swine flu vaccine. All indications are that, despite their protestations to the contrary, the government intends to make the swine flu vaccination program mandatory. New York State has already begun requiring nurses and health care workers to be vaccinated or lose their jobs. One house of the Massachusetts legislature has *unanimously* passed a blatantly unconstitutional proposal imposing a \$1,000 *per day* fine for those refusing to be vaccinated, and eventual incarceration.

- Use an ice-pack on the area of the vaccination
- Take Quercetin
- Vitamin D-3 up to 5,000-10,000 mg for adults
- Vitamin C
- Curcumin (Also known as Turmeric)
- Selenium

A Holiday Recipe for Special Occasions
Pumpkin Pudding Pie

from *Gerson Healing Newsletter* Vol. 17 # 6 Nov./Dec. 2002

Please note: This recipe is for use on rare occasions for Gerson patients, since the crust contains items that should not be part of your regular consumption.

Pumpkin Pudding Pie

Pinch allspice
Pinch coriander
Pinch mace
2 tsp., unsulphured molasses (optional)
1 pie crust (8" or 9")
½ cup tapioca
1 ½ cup dates, pitted and chopped
1 1/3 cup apple juice
1 ½ to 2 cups cooked mashed pumpkin

Soak tapioca and dates in juice overnight. In the morning, stew over low flame using a burner pad to diffuse heat. Cook for 30 minutes stirring frequently to prevent sticking. This will be very thick. Puree tapioca and pumpkin in Foley food mill or processor. Add spices and molasses. Pour into prepared pie crust (recipe follows) and chill thoroughly (may be placed in freezer several hours until very firm), otherwise, cutting will be a problem.

Variation: use cooked squash, yams or sweet potatoes in place of pumpkin

Pie Crust

1 cup oat flour
½ cup potato flour (or use more oat flour)
1 cup whole wheat flour
1 tsp. honey or brown sugar
½ cup warm water
1 tsp. baker's yeast

Sprinkle yeast into warm water mixed with honey. When frothy, add flour and mix well. Let rise in a warm place for an hour. Knead on floured board for 5 minutes. Let rest for 10 minutes. Roll out on floured board again. Place in pie plate that has been thoroughly coated on the bottom with rolled oat flakes. Flute edge. Let rise for 15 minutes. Bake at 375°F for 20-25 minutes.

*Happy Holidays from
the Gerson Institute!*

2010 Combined Federal Campaign Designations

by Diane Ake, Resource Specialist

This is the season when the Combined Federal Campaign (a giving program akin to the United Way, except for all Federal employees, including military personnel) asks their nearly 20 million potential donors to choose the charity that will receive their donations.

Historically, employees of the Federal government contribute generously to the causes that matter to them, and are assisted in this effort by the Federal Office of Personnel Management (OPM), which thoroughly audits charitable organizations who apply for inclusion in the Campaign for legitimacy and meeting stringent guidelines. The Gerson Institute has been in the campaign

for many years, and is a proud member of the CFC.

If you are an employee of the Federal government, or a member of our armed forces, please consider designating your annual contribution to the Gerson Institute and Cancer Curing Society, and tell your friends about it, too! You will be supporting a very worthy cause.

Thanks for all you do,

—Diane

*Gerson Institute
is on YouTube!
View our new
videos at:*

YouTube.com/gersoninstitute

Health Related Items Gleaned from the Newspapers

by Charlotte Gerson

Items from the *San Diego Union Tribune*, from the Sep. 29th "Health Section".

FOOD FACTOR: — Fruit of Your Labor

"Sweet rewards at work could be an expanding problem. People ate 200 more calories after doing intellectual tasks than resting, *Psychosomatic Medicine* says. The spike may be due to your need for glucose, which fuels the brain. Reach for fruit instead."

NEWS FLASH: — Salt Consumption

"The United States could save \$18 billion a year if Americans would cut their consumption of salt to the recommended level, the RAND Corp. says. A reduction to 2,300 milligrams a day, from the current average of 3,400 would lead to 11 million fewer cases of high blood pressure, the study found. The improved quality of life—in regained workdays, for example—is estimated by economists to be worth an additional \$32 billion a year. The study is in *The American Journal of Health Promotion*."

Charlotte's Comment: And it would save people huge sums of money normally paid for drugs to reduce high blood pressure, high cholesterol, pains of innumerable

chronic diseases, for doctor and hospital bills etc.

On page 2 of the same issue, we found the following item:

**INCLUDE BRAIN FOODS IN YOUR DIET—
Brain-zappers to Avoid**

"High-fat packaged snacks, fried foods and other calorie-laden choices are tempting, but these foods will only fill you up and slow you down. (!) You'll feel sleepy, especially if you indulge toward the end of the day. In fact, a new study suggests that fatty foods can bog down your short-term memory—no good if you're in the middle of exams or a big project."

*Courtesy of Deana Angelo White with
Healthy Eats on foodnetwork.com.*

Charlotte's Comments: The early part of the article shows "brain foods" that include: spinach, berries, oatmeal, and broccoli among others. But speaking of "short-term memory", why would they not also include Alzheimer's, other aging maladies etc.? Foods are simply not regarded as nutrients, especially once a disease is diagnosed.

Entire Cayton Family Benefits from Root Canal Removal

by Charlotte Gerson

It is our greatest pleasure to hear from patients long recovered on the Gerson Therapy. It is even more exciting when, as in this case, the whole family was involved, followed the suggestions and requirements of the Gerson treatment, and was able to overcome a host of problems.

The first one we saw was in 1995, Cora Cayton. She was 55 at the time. Actually she had discovered a lump in her breast in 1951 and had been diagnosed with a lumpectomy. (See her story in the booklet, *Healing Breast Cancer the Gerson Way*, page 16.) The lumpectomy disclosed a malignant breast tumor and the doctor at the North Kansas City Hospital suggested a mastectomy, followed by radiation and chemotherapy.

Cora and her husband, Mike, refused. Mike had gone into details of alternative medicine and disagreed with the “slash, burn, and poison” approach.

Over the next two years, Cora attempted to stop the disease with various approaches: a 14-day fast, high doses of Vit. C, vegetarianism—but everything failed. She was getting worse. Finally, they discovered the Gerson Therapy, but were not able to implement it at home. A year later Cora was very ill. Her entire breast had turned into tumor tissue. At that point, Mike sent her to the Gerson hospital in Mexico in July of 1995. He feared that it was too late for her.

Cora did take some mild radiation, at the suggestion of the Gerson doctor, and a mastectomy and she slowly got better. She was then able to carry on the Therapy at home.

At the same time, the Gerson Institute distributed information about the problems caused by dead teeth, the filling of root canals, and the resulting infections in the jaw bone. As it was, Cora had six of those dead teeth with filled root canals. The family dentist refused to remove them, not agreeing that they could cause any problem. Mike found a knowledgeable dentist in Nebraska who removed the root canal filled teeth, two at a time. Cora's energy increased dramatically with each extraction.

Cora stayed on the Therapy for two years but even after her presumed “recovery” she remained a vegetarian and did her daily coffee enemas. Even so, a year later she began to have depressions. Mike suspected a parasite problem and started Cora on Hulda Clark's suggested parasite treatment. This seems to keep the depression under control. Cora is normal, remains well and even took a job aside from looking after her home.

However Mike developed serious kidney problems. When he discovered that damaged root-canal filled teeth might also cause his trouble, he went back to the dentist in Nebraska and had the offending teeth removed. His kidneys are now functioning normally and he feels great. He contacted us a few days ago and stated that now, at 72, he is in good shape, working, and outliving most of his neighbors and colleagues of the same age.

There is more to this family history. Their daughter, married to an athlete, was plagued with repeated miscarriages and constant anxiety attacks. It turned out that she, too, had two root canal filled teeth. Again the Nebraska dentist was engaged to remove them. He found that the bone surrounding those teeth was rotting. When the teeth were gone and the bone healed, the young woman conceived and bore children. Her father confirmed a few days ago that she now has eight healthy children!

Mike is very grateful for the help his whole family obtained through the Gerson Therapy, including also the proper treatment (the removal) of ‘dead’ (root-canal filled) teeth. He states that “there is only one thing troubling him with this approach: Nobody listens to you when you tell them ...”.

There is an excellent interview with Charlotte Gerson on the Web at www.consciousmedianetwork.com/members/cgerson.htm. Thanks to Marsha Anderson for setting it up.

Cinnamon Oil as a Hand Sanitizer

By Anahad O Connor, from the *New York Times News Service*

The Claim

Cinnamon oil kills bacteria

The Facts

In a country obsessed with germs and sickness, antibacterial soaps and sanitizers are becoming more and more common. But because such products contribute to the growing problem of antibiotic-resistant bacteria, some researchers recommend sanitizers made with cinnamon oil, which has been shown in many studies to have powerful antimicrobial properties.

A recent study by a team of surgeons, for example, found that a solution made with cinnamon oil killed a number of common and hospital-acquired infections, like streptococcus and methicillin-resistant staphylococcus aureus, or MRSA. The study found it was just as effective as several antiseptics widely used in hospitals. Another study by French researchers in 2008 had similar results, showing that at concentrations of 10 percent or less, cinnamon oil was effective against staphylococcus, E.coli and several antibiotic resistant strains of bacteria.

Dr. Lawrence D. Rosen, a pediatrician in New Jersey who dispenses natural health advice on his blog, wholechildcenter.org, recommends a tried-and-true recipe for homemade hand sanitizer called thieves oil. “I add cinnamon bark, lemon oil and eucalyptus,” he said, adding: “The recipe goes back to the Middle Ages, where it was used by these thieves who would go around stealing jewelry from dead bodies, and they never got sick.”

Cinnamon OIL, WHEN APPLIED TOPICALLY, IS GENERALLY SAFE. But in some people it can cause an allergic reaction.

The Bottom Line

Cinnamon oil has antiseptic properties.

Using the Gerson Therapy in Japan

MD Cures Own Metastasized Prostate Cancer

This letter from a physician in Japan is reproduced in its entirety:

"I am thankful to Dr. Gerson from the bottom of my heart. Because I recovered from the advanced prostate cancer with Gerson therapy.

"I was diagnosed with the advanced prostate cancer, which cannot be treated with surgery or radiotherapy. The PSA level, a tumor marker of prostate cancer, was then 900.7 ng/ml. Metastatic foci were found in large area of lymph glands and lumbar bone. In general, patients who have prostate cancer with distant metastases in lymph glands or bones are left finally with the hormone therapy. 60-80% of such patients will respond to the hormone therapy in the beginning, however, 35-45% of them will start not to respond and it flares up within one year. Once it flares up, it is considered that no other effective treatment is available.

I decided to take Gerson therapy at the start of the hormone therapy in order to support it. In my case, it did not take a year for the hormone therapy to become ineffective, and it flared up. However, just around at the same time, Gerson therapy started to show its effectiveness, which resulted in a complete cure of my prostate cancer.

"All doctors in the world sincerely hope that all cancer patients will be cured. The Gerson therapy is an alternative therapy, which can be practiced not only by professionals but also patients themselves and it can be done at home. I truly hope that the effectiveness of the Gerson therapy will be known by a number of people and there will be a time when all cancer patients will be cured.

"Also fortunately, I got to know the Gerson therapy seventeen years ago. Probably, I do not exist now, unless I

know this therapy.

"In order to let you [and] many people know Gerson therapy, I made the following homepage. Please see my homepage.

"My homepage address:
<http://homepage3.nifty.com/yushiro/>

"With love."

—Yushiro Wananabe M.D.

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Pfizer Fined Record \$2.3 Billion for Criminal Behavior; No One Jailed

from *The Public Citizen*, Sept. 2, 2009

The Public Citizen is a national nonprofit consumer advocacy organization founded in 1971 to represent consumer interests in Congress, the executive branch and the courts.

On September 2, a settlement was reached between Pfizer and the U.S. Justice Department for unlawful prescription drug promotion. The settlement amounted to \$2.3 Billion; however the journal is of the opinion that it "is not enough to deter organized crime in the pharmaceutical industry".

The above statement was made by Sidney Wolfe, M.D., Director, Public Citizen's Health research Group.

In the opinion of the Dr. Wolfe, the \$2.3 billion settlement may sound large, but it's not enough to ensure drug companies will

curb their bad behavior. In fact, it just shows there is competition in the pharmaceutical industry. Pfizer has broken a record just set by Eli Lilly & Company in January for what was then described by the Justice Department as the "largest individual corporate criminal fine" in U.S. history (more than \$500 million in criminal penalties for off-label promotion of Zyprexa). Now, hardly seven months later, Pfizer has broken this record with a criminal fine of \$1.2 billion, the largest criminal fine ever imposed in the U.S. for anything. (The rest of the \$2.3 billion represents civil penalties.)

The U.S. pharmaceutical industry has long been one of the most profitable in the country. Profits last year amounted to close to \$50 billion. The industry has a record, during the last decade, in order to increase sales, of illegally promoting drugs for dis-

eases where there is no evidence that the benefit of their use outweighs the harm.

When doctors are induced, by bribes or false claims by the drug companies, to prescribe drugs for such purposes, there is a reasonable chance that the drugs will do more harm than good and patients may be seriously injured or killed by such lucrative promotions. Among the pharmaceutical giants who were found to have engaged in such criminal activity during the past decade, belong Abbott, Schering-Plough, Astra-Zeneca, Purdue and Bayer.

Unfortunately, the constantly increasing fines are such a small fraction of the companies' profits that they are simply absorbed as "cost of doing business." Nobody has gone to jail.

Interestingly when last fall a Harris Poll was taken, *only 10 percent* of respondents thought that the pharmaceutical industry was "generally honest and trustworthy—so that you normally believe a statement by a company in that industry."

Recoveries from “Auto-Immune” Disease

by Charlotte Gerson

With the upsurge of “auto-immune” diseases over the past several years, and a host more to be expected from the untested and dangerous vaccine additives that will be forced on us, we thought that some of our past Newsletter articles, also in our Healing “Auto-Immune” Disease booklet, would be relevant, and of special interest to our newer readers. — Ed.

George Smalley — Chronic Fatigue

George had an incredible array of problems. They included candidiasis, arthritis, high blood pressure, migraine headaches, pancreatic infections, high blood cholesterol, edema, and “feeling old.” His major health problem, though, was a case of severe chronic fatigue syndrome. CFS was diagnosed in July 1992, when he was 53 years old. This disease — sometimes called the “Yuppie Syndrome” — caused George the worst problems.

An engineer, George had worked in his field for over 20 years. When the chronic fatigue (usually caused by the Epstein-Barr or similar virus) invaded his nervous system, he lost a portion of his brain functions. Naturally, this mental decline meant that he could no longer do his job, so he had to quit. Given a California state disabled-driver placard, he said that there was even a question as to whether he should drive at all.

George learned about the Gerson Therapy in December 1992, a half-year after the CFS diagnosis. He started the Gerson Therapy seriously several months later, in March 1993.

Below is George’s own story of his experience, written several years later:

“Before I did the Therapy I sometimes couldn’t find my car if I parked a little too far away. I have a Master’s degree in engineering; I graduated with honors, yet I couldn’t balance my check book anymore. If anybody has Chronic Fatigue, they know about the black cheesecloth that falls over you and the cotton that goes in your ears.

Coffee enemas did away with those symptoms.

“I soon found out what coffee enemas can do for you — and I had been afraid to take them! After I started the Gerson Therapy, I started to feel better almost within a week, and I have been improving ever since. The whole thing has been the most marvelous adventure of my life.

“Many people who are not feeling well are wishing that they could feel as good as their peers again and have the energy they have. That won’t happen. Your peers and friends are going to be very upset with you because you throw away years. You will have far more energy; you have a brighter outlook on life, you become younger than they ... unless they are doing the Gerson Therapy like you are.

“My age is 55, and I passed through 25 some years ago, but it’s nice to be back there again — and I am not kidding! My coordination is back, eyesight, hearing — everything. I can do things today that I could not do at 30. And I am still getting better.”

Clifford Sherrell — Psoriasis

Clifford was born in 1929. His problem began in 1970 with dry skin and itching, and he suffered from it for years. He did not go to a doctor until 1978 or 1979. The doctor gave him prescriptions for painkillers. But Clifford didn’t really have pain; his problems were mostly itching on his upper legs, and swelling. The other doctors he consulted later didn’t help at all either. Eventually he saw a dietician, who suggested vegetarian, salt-free foods. On this diet the itching and swelling disappeared for over 10 years while Clifford remained on the vegetarian diet (not organic). However, the problems returned in 1990, after he retired and moved to Alabama.

Clifford had not changed anything he was eating or doing, so at first he couldn’t think of any reason why his condition should have worsened at that time. Later, he suspected electromagnetic radiation from an overhead power line, only about 20 feet from his bedroom window.

After Clifford moved, the swelling and itching would disappear during the fall and winter months, then return. In November 1992, the problem recurred, then disappeared again. In early 1996, it became so severe that Clifford saw a doctor. “Whatever it is, it is caused by your nerves,” the doctor told him — revealing his inability to diagnose the problem.

When Clifford came to the Gerson hospital in Mexico in July 1996 after allopathic physicians could not help him, he had many large, open sores on his hands and feet. His ankles and feet were badly swollen, and loose pieces of skin hung from his hands. “It was never that bad before,” he said. A biopsy was done: his disease proved to be psoriasis.

On the Gerson Therapy, 98% of Clifford’s open sores closed in less than 10 days, and new skin covered his hands and the soles of his feet. His ankles became normal, with all swelling gone.

In 1998, Clifford said of the pain, swelling, lesions, and itching, “Now there is nothing left.”

Elwood Goodier — Osteomyelitis, endocarditis

Elwood Goodier was suffering from osteomyelitis as well as endocarditis. When he arrived at the Gerson hospital in Mexico in February 1995, this 77-year-old man was on heavy doses of morphine as well as drug patches in an effort to control his pain. These medications, however, were minimally effective, and Elwood’s original doctor had done nothing to address the underlying health problems.

While Elwood was in Mexico receiving the Gerson Therapy, his pain began to abate, and eventually completely disappeared. A year later he wrote that he was now active again and enjoying life.

When Elwood was at the Gerson hospital, his mother-in-law was also being treated there. She had some fatty tumors (presumably benign), and Elwood reported later that these had disappeared after two weeks on the Therapy.

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the Gerson Institute at (888) 4-GERSON (toll free in the US only) or +1 (619) 685-5353 for an updated schedule or more information. Advanced reservations are no longer available.

Date & Time	Event	Location	Speaker	Contact Information
Mon., Nov. 9 to Sun., Nov. 15 and Mon., Dec. 7 to Sun., Dec. 13, 2009	One week Wellness sessions	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.
Mon., May 17 to Fri., May 21, 2010	Licensed Health Care Practitioners' Training, Module I	San Diego, CA	Charlotte Gerson, Kayla Smith, ND, Alicia Melendez, MD, Luz Bravo, MD.	Barbara Conde, the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: bconde@gerson.org. Please ask about price and availability.
Mon, Nov 9 to Sun, Nov 22 and Mon, Dec 7 to Sun, Dec 20 and Mon, Jan 18 to Sun, Jan 31, 2010	Treatment Session	Gerson Therapy Centre, Dobogoko, Hungary	Dr. Melanie Nagy and Gerson Centre Staff	Email: info@gerson.hu. Tel/Fax: 00-36-1-217-1360. Web: www.egeszsegforras.hu. Addr: Hungary 2099 Dobogoko Tery Odon u. 18.