

*Nancy Bronzi: Four Year Recovery from*

## Widespread Lymphoma

by Charlotte Gerson

Nancy turned 74 on October 18—coincidentally, also Dr. Gerson's birthday! In early spring 2003 she noticed a lump on her neck, close to her ear and she consulted a doctor. He took a biopsy and reported to Nancy that he didn't find 'anything'. Actually the lump disappeared!

In fall of 2004, the lump returned, this time considerably larger, and the doctor checked it again. Nancy had been prescribed thyroid medication some 30 years ago, and had been taking it since without ever having any more blood tests. She did notice that her hands were shaking.

With the second biopsy, thorough tests were done including PET scans etc.—and this time the doctor asked Nancy whether she wanted “the good news first or the bad

news.” She answered that she wanted all the news! Then she was told that she had stage IV lymphoma, and that it had already spread behind the heart close to her spine, her abdomen, and both her kidneys—and she was referred to an oncologist at the East General Hospital in Toronto, Canada.

Nancy remembers that the results of that biopsy and testing were given to her on a Tuesday. The oncologist then told her that he would set up her chemotherapy for the following Tuesday. Nancy stated flat-out that she was not going to take chemo! Her daughter had accompanied her to the doctor's office and was quite pleased with Nancy's attitude. However she started an intensive search on the Internet for any alternatives. There she found the Gerson

Therapy. The idea appealed to both of them as well as to Nancy's husband. Her friends, of course, considered her mad!

Nancy contacted the Mexican Gerson hospital and arranged to go as soon as possible. While checking in at the airport in Toronto she had a real shock: She had so much radiation in her system that airport security was sure that she was a terrorist and was going to blow something up! It took some hours and a lot of testing until one of the guards found out that she had been treated with a PET scan in the course of which she received a great deal of radiation! She fortunately had the Gerson book with her to prove her reason for crossing the border and where she was going!

Meantime the lump on her neck both-

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### *Honorary Board Member*

## In Memoriam: Harold D. Foster, Ph.D. 1933-2009

from the *Townsend Letter for Doctors and Patients*, Dec. 2009, with thanks.

It is with great sadness that we announce the passing of our dear friend and colleague, Harry Foster. Following a brief illness, Harry died peacefully on August 15 in Victoria, British Columbia, Canada.

He was one of the giants in orthomolecular medicine with boundless enthusiasm and a prolific gift of writing. Harry was a researcher with a soaring scientific mind who made unique contributions to our understanding of health and disease: only he could combine his expertise in geography and epidemiology to create new insights into orthomolecular medicine. A fixture at the Orthomolecular Medicine Today conferences,

Harry's eagerly anticipated presentations were always fresh and original as he explored the complex relationships among genetic inheritance, health, and the “nutritional geographies” of the world. Harry served as associate editor for the *Journal of Orthomolecular Medicine* and on the board of directors for the International Schizophrenia Foundation. [Dr. Foster was an honorary Director of the Gerson Institute, and authored a carefully done study showing that cancer recoveries termed “spontaneous remissions” very often occurred when the patient had been on the Gerson Therapy—*Ed.*]

A Canadian by choice, he was born in Yorkshire, England, where he was educated at


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## Harold D. Foster, Ph.D. ...

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the Hull Grammar School and University College London. He was a faculty member in the Department of Geography, University of Victoria, from 1967 to 2008. As a tenured professor, he authored or edited over 300 publications, the majority of which focused on reducing disaster losses or identifying causes of chronic degenerative and infectious diseases. His numerous books include *Health, Disease and the Environment* and *Reducing Cancer Mortality: A Geographical Perspective*. He also wrote six books in the "What Really Causes" series, including those on AIDS, Alzheimer's disease, multiple sclerosis, schizophrenia, SIDS, and breast cancer.

His company, Foster Health, will ensure that Harry's vision of alleviating suffering, remineralizing the soils, and triggering a revolution in how we look at health, disease, and the environment will be realized. For more information, please visit [www.foster-health.ca](http://www.foster-health.ca).

A public celebration of Harry's life took place on October 27 at the University Club on the University of Victoria campus. 

### Free Sample Newsletter

*Do you have any friends, family, neighbors or co-workers who might like to receive a copy of the Gerson Healing Newsletter? Simply collect their names and addresses, forward them to Diane Ake [dake@gerson.org](mailto:dake@gerson.org) fax: 619-685-5363 and we will send them a free sample.*

## Nancy Bronzi, Lymphoma ...


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ered her considerably, so much so that it caused her difficulties swallowing her food! She was totally delighted, however, that the lump was gone after the third week on the Gerson Therapy at the hospital! By that time she already was able to swallow without a problem.

After she returned home, and to obtain ongoing tests as requested by the treating doctors in Mexico, she was referred to a new oncologist, as her previous one had moved out of the province. The new oncologist was highly skeptical about Nancy's "alternative" treatment, and since Nancy refused again to accept chemo, angrily stated that Nancy was "wasting her time"! She accused Nancy of just having an egoistic desire to live longer—a normal reason why patients consult a doctor!

Nancy is certain that many patients who return from Mexico are being bamboozled and frightened by the doctors at home about the "unscientific nutritional treatment," and finally agree to take the deadly chemo! She frankly feels that scaring patients is the one thing doctors do very well!

Nancy continued the Gerson Therapy at home and is feeling very well, has very good blood and urinalysis tests, no further lumps or recurrence. She feels very strongly that she owes much to others who may need help. She welcomes those who may need encouragement to phone her. We, too, owe her a debt of gratitude: when my son, Howard Straus, and I were attending a convention in Toronto a couple of years ago, she kindly provided us with wonderful Gerson food, soup, vegetables and juices!

Nancy Bronzi can be reached at (416) 225-0747 

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## Gerson® HEALINGnews

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Howard D. Straus, Editor

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

**From the desk of Anita Wilson, Executive Director**

## ACCOMPLISHMENTS, GRANT, GROWTH, MORE CAREGIVERS

I want to thank each of you for the support you provide in helping to strengthen our mission of healing and preventing chronic and degenerative diseases, based upon the vision, philosophy and successful work of Dr. Max Gerson.

2009 has been a year of great accomplishments and growth for this world-wide work. Highlights include the opening of the Gerson Centre in Hungary, 100% increase in those attending our Gerson Basics Workshop, which is now offered three times annually, major upgrades of our website and informational literature, increases in staffing to meet service demands, the new Coaching Program, increased distribution of *The Beautiful Truth*, ever-increasing language translations of *Healing the Gerson Way* and a growing Board of Directors at the Institute. We are experiencing increases in interest and support for the Gerson Therapy from all walks of life.

In mid December, we received word from Lyndon Sanders, Sr., Founder and President of the Alternate Health Decision Foundation, Inc, that for a third time (previously 2005 and 2008) we were awarded a \$50,000 grant! We are truly fortunate to have the confidence and support of this worthy organization and extend our thanks to Lyndon and their Board of Directors. Our amazing team at the Institute, anchored in passion for this life-affirming mission, works very hard and deserves this tremendous support.

2010 will be another year of increased capacity to serve even larger numbers, in current and new programs (to be announced in the March newsletter) and to continue a broader message of hope. In March, we look forward to the celebration of Charlotte's 88<sup>th</sup> Birthday. It is such a blessing to have her wisdom, knowledge, vibrancy and fire for healing the hopeless. She weekly visits each patient at the clinic

in Mexico, continues to write extensively for the *Newsletter*, serves on the Board of Directors, is a faculty member for all of our workshops and Wellness Center sessions, makes media appearances and daily is a beacon of courage and endurance for all.

In May, we anticipate 20-30 licensed medical professionals registering for Module I of the two-part certification program for Gerson practitioners. Our roster of Certified Gerson Caregivers grows monthly. Our goal is to double our educational material sales in the upcoming two years.

And we always leave a part of the canvas bare, for new ideas, projects and programs to spring forth.

Have a Joyful and Happy New Year

~ Anita



*The entire staff of the Gerson Institute wishes you a Happy and Healthy New Year!*



## Praise for the Gerson Therapy

Dear Ms. Gerson:

This email comes from my wife and [me] simply to say thank you for the commitment that you have made to helping others get and remain healthy, and for carrying on your Father's wonderful work.

I am originally from Germany and have been familiar with your Father's work for some time now. We both are avid readers of Gerson materials, as well as other well-known natural health advocates. Our lives have been greatly enriched by the programs and information that you and others have shared with the world.

Our sincere "thank you" to you and all of the people at the Gerson Institute, and your long list of patients/clients who have shared their stories of health restoration, which have encouraged so many like my wife and myself.

Wishing the Gerson Institute Family many more years of success.

Kindest regards,

—*Thomas Salewski and Vanessa Jordan*  
New York, NY

### Lyme disease and Breast Cancer

Hi Everyone!

I have had Lyme [disease] for about 13 years. I wasn't diagnosed until early April of this year. My LLMD ("Lyme Literate MD") put me on antibiotic (of course) and supported my use of the Salt/C therapy.

Later in April, I was diagnosed with breast cancer. After weeks of study and research, I decided to go on the Gerson Therapy not to treat the Lyme but to heal from the cancer. I discussed this with my LLMD and he gave me his blessing (as well as his prayers. Good man!). I did NOT stay on the Salt/C because it would be in direct conflict with Gerson.

I began Gerson on June 1<sup>st</sup>. I LOST 12 POUNDS IN THE FIRST TWO DAYS!! This HAD to be retained water that salt kept trapped in my tissues and Gerson, obviously, helped to flush!

Here is the amazing part. I went back to my LLMD in the beginning of July. He did a complete examination of me and then sat there hanging his head, just looking at the floor. All I could think of is, "Dear God, what NOW?!" He looked up at me and said, "I can't find a thing wrong with you. You are completely symptom free!". He then asked me to spell Gerson for him. See, he has Lyme, too.

Please understand that before starting Gerson, I couldn't even walk from my car to my doctor's office without assistance. I couldn't drive. Sometimes I couldn't swallow. And the PAIN ... dear Lord, the pain. I had been spiraling downwards steadily for 13 YEARS and in just one MONTH I was symptom free. I can barely wrap my mind around that!

But that's just me ... could be you, too!(!?)

Many blessings!

—*Machelle*

### Recovered from Lymphoma

I was diagnosed with Lymphoma cancer, fast moving, poorly differentiated, in 1979. I was fifty three years of age. It was diagnosed in the Burlington, Vt. Greater Medical Center.

I was given three months to one year to live. I had chemo. I couldn't take the terribly bad side-effects, but accepted radiation. After two years of radiation, I told my doctor I was going on a health diet. He asked me to remain with him. He was a wonderful doctor. We talked at length about what I was doing: the carrot juice—no dairy products, no meat—vegetables and fruit etc. and coffee enemas—which I have every day, except Sundays. He was against them and asked

### Gerson Institute Wish List

New Computers  
Flat Screen Computer  
Monitors  
Paper and Printing

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

each visit if I still did them. After four years he said—go ahead—they haven't hurt you. The cancer returned about every two years since 1979 and had to take radiation each time for a massive tumor in the abdomen.

We moved to North Carolina and continued [treatment] at the Ashville St. Joseph hospital with radiation to the top of my left shoulder. I have the records through all the years. I found Jaqui Davison's awesome book and was on the Gerson therapy 26 years. My oncologist of 18 years said doctors learn from patients. So I'm regarded as a miracle by doctors and others. I always told them God and Gerson Therapy are the reason I'm still here.

Love,

—*Glenna McCabe*

### Bone Metastases from Breast Cancer

Dear Ms. Gerson,

The doctor called—she is absolutely amazed at my PET scan results ... The nurse read the scan report four times—they cannot believe what they are seeing. The bone is healing—the bone has started to heal itself. The doctor said this is very unusual ... Praise you Jesus—thank you Max Gerson, thank you Charlotte ... Things are moving in the right direction!!!!

—*Angelita*

### Cataracts cleared on Therapy

Dear Ms. Gerson,

I want to tell you how much we appreciated the time we have spent with you in Tijuana. You have a very important place in our hearts.

I will always remember that it is the joint efforts of your father and yourself over many decades that have made it possible to cure my cancer with this remarkable non-destructive therapy.

And a good *side effect* of the Gerson Therapy is that my cataract is nearly totally gone by now after nearly three months of treatment.

With our best regards.

—*Anne and Bernard, Monaco*



*Why are we going like sheep to the slaughter?*

## More on Vaccinations

by Charlotte Gerson

Our friends and readers will most probably remember a story we wrote up in our *Newsletter*, Vol 23, No. 1, Jan./Feb. 2008, reporting on the forced vaccination of kids in Maryland. In that case, armed police and attack dogs were used to intimidate parents in the effort to force them to have their kids vaccinated! Actually, there is no law that can be used, and the coercion mirrors Gestapo tactics!

The story was terrible to read but now additional details are coming out! The Maryland State's Attorney, Glen Ivey, JD, refused to vaccinate his own children with the same vaccines he compelled thousands of children to endure on November 17, 2007. (Find all the material on the Internet under "Forced Vaccination: State's Attorney Doesn't Vaccinate his Own Kids, Just Ours!" Nov. 26, 2007.)

Parents were threatened with jail time and fines. It gets worse: Many of the children vaccinated in this roundup were already fully vaccinated; but the Prince George's County School System admitted they had lost their records! This meant that because the school had been negligent with their records, the children were being subjected to double doses of the poisonous mercury preservative, thimerosal. Parents who had signed the legal exemption from vaccinations had the documents literally brushed aside, and were forced to have their children vaccinated anyway. When the parents and children reported to the school gym where the vaccinations would be given, they were ushered into a space surrounded by heavily armed SWAT teams accompanied by canine units.

There is an even uglier aspect to this story: Prince George's County School District is mostly black. The district would lose \$63.00 per child if they refuse to admit unvaccinated kids to the school! If 2,300 kids per day are not admitted to school, the state would lose \$144,000 in State and Federal revenue! So they force them with snarling dogs and guns.

Another strange occurrence: A formal investigation has been launched by French authorities against two managers from drug companies GlaxoSmithKline and Sanofi-Pasteur for manslaughter! The plaintiffs, who include the families of five people who died after the vaccination, have launched a civil action in the case against the drug companies.

(See the Internet: *Vaccine Companies Investigated for Manslaughter*)

Why are the Europeans more understanding of their rights while the Americans lie down without comment or fight? Dr. Joseph Mercola (M.D.) comments: In the United States, the hepatitis B vaccine is recommended for all newborns before discharge from the hospital. Let us look more closely at this folly: Hepatitis B is difficult to catch and is mainly transmitted via blood transfusions or sexual contact. It is therefore virtually impossible for a newborn to contract hepatitis B. Also, the supposed hepatitis immunity from vaccination in 30% to 50% of children lasts less than seven years. By the age of 12 years, more than 60% of vaccinated babies have lost their immunity. However that could be the age when they might start to engage in risky behavior. In other countries than the U.S., the vaccine is given later in life, which makes more sense. This does not even take into account that the vaccine is associated with long-term side effects such as multiple sclerosis and rheumatoid arthritis.

Remember that the drug companies are only interested in making money and not in your health. Use every possible way to avoid vaccinations for yourself but especially for your kids! Keep them healthy and their immune system strong with the right nutrition.

### **Hepatitis B Vaccine Triples the Risk of Autism in Infant Boys, by Dr. Joseph Mercola, M.D., Oct. 8, 2009**

A new study has shown that giving Hepatitis B vaccine to newborn boys more than triples their risk of developing an autism spectrum disorder.

The study's authors used U.S. probability samples obtained from National Health Interview Survey (NHIS) 1997-2002 datasets. The conclusion states that: "Findings suggest that U.S. male neonates vaccinated with hepatitis B vaccine had a 3-fold greater risk of ASD." The authors also noted that an earlier study by them found that hepatitis B vaccination was associated with receipt of early intervention and special education services.

The new study used a different database than their earlier study, and they found the same results, suggesting a validation of their findings.

Sources: [Age of Autism September 17, 2009](#); and [Annals of Epidemiology September 2009; 659](#).

Routine use of the Hepatitis B vaccine for all newborns began in 1992, despite the fact that there was absolutely NO logical argument for it. It should never have been included in the immunization schedule because:

*Hepatitis B is about as difficult to catch as AIDS. Namely, you nearly always need to have blood or sexual contact with an infected person.* What new baby is thus exposed?! There is another reason: immunity from vaccine is assumed to be short lived! Vaccinated or exposed persons will lose detectable antibodies within 12 years. So the vaccinated babies will have lost all possible immunity at the time when they really need it!

There is more: A Vaccine Adverse Event Reporting System (VAERS) was put in place by the government to report vaccine reactions. Some 25,000 VAERS hepatitis B reports came in from July 1990 to October 1998 (prior to using the hepatitis B vaccine) came in showing 439 deaths and 9,673 serious reactions involving emergency room visits, hospitalizations, disablement or death.

On the other hand, hepatitis B is a rare, mainly blood-transmitted disease. In 1996 only 54 cases of the disease were reported to the CDC in the 0-1 age group out of 3.9 million births that year. So the incidence of hepatitis B in the 0-1 age group was just 0.001 percent! Yet in that same year, VAERS received 1.080 total reports of adverse reactions to the hepatitis B vaccine in the 0-1

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## More on Vaccinations ...

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year age group, including 47 deaths!

### Vaccine-Autism Link

Although conventional “health experts” continue to insist that no link has ever been found between vaccines and autism, hundreds of carefully done scientific studies have left no reasonable doubt there are many. As we already published in the *Gerson Healing Newsletter*, Vol 21, #2 of Mar/Apr 2006, “thousands of Amish children in rural Lancaster have never been vaccinated and they don’t have autism! Dr. Mayer Eisenstein, Homefirst’s medical director, reports, “I don’t have a single case of an [autistic] child that I can think of that wasn’t vaccinated.”

Children today receive a whopping 48 doses of vaccines before the age of six. There have not been any studies performed that might show the vaccine’s relation to autism. Also there are no rigorous studies demonstrating the cumulative effect of several vaccines administered simultaneously, or within a short time.

It is illogical and downright ignorant to state that the current vaccination schedule is A-OK and that vaccines have nothing to do with the rise in autism.

Dear friends and readers: We could fill a large volume on this matter, but will need to ask you to embark on your own research.

Here are several suggestions to get started:

[Why Vaccines Don’t Work as Advertised](#)

[The Dangers of Excessive Childhood Vaccinations](#)

And you can sign up for an e-alert by sending an e-mail to: [Autism@THRiiiVE.com](mailto:Autism@THRiiiVE.com)



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

**[YouTube.com/gersoninstitute](http://YouTube.com/gersoninstitute)**

*Smelanoma.com*

## A Letter to Mr. Cancer

by Mike Brockey

*This is a recent post from a Gerson melanoma patient, Mike Brockey, who came to the Mexican Gerson clinic a few months ago. I thought you would enjoy his “letter to Mr. Cancer”.*

*You can subscribe to his blog ([www.smelanoma.com](http://www.smelanoma.com)), it’s excellent!*

### Dear Mr. Cancer

You came into my life most unexpectedly. I’ve seen you out before. You keep coming back most unwanted. It is time to finally show you the door.

Though unwelcome, your presence is not your fault. Merely a product of your environment. It could be that you are not wired correctly, perhaps in your DNA.

You have tried to take what is mine. Even after you’ve been defeated you continue to fight. Pointless as it is really, I’ve already figured you out.

You are foolish not to change your ways. Your weakness will escort you to your end. I can no longer allow you to spread your hatred towards life, this rule I will not bend.

### Letter from Italy

## Resolving Menstrual Pain

by Margaret Straus

Some time ago, I attended a recital performed by a very fine young pianist, a friend of my daughter Francesca DeGo, who is a concert violinist.

At a certain point in the program, the pianist began to play a series of chaotic, wrong passages, something I had never heard her do. She seemed to take control again and finished, though not at her usual standard.

I approached her later and asked what had happened. Well, it seems this was the first day of her period, always dramatic for the incapacitating pain it brought. Her doctor had given her very strong painkillers and she had taken more than what he advised. At the moment when she lost control, she said she suddenly saw only yellow in front of her!

Alarmed, I suggested that she completely

The things you seek to destroy are off limits to you. I understand you’ve lost other battles, I plan to see this one through.

There is nothing good about you. I’ve searched but you continue to be destructive. When you bring others down with you, this I can no longer forgive.

I am who I am, because of you. Enlightened. Empowered. I will defeat you.

I am who I am, because of you. Enlightened. Empowered. I will defeat you.

Mr. Cancer, simply leave and be through as the lesson learned here has been great. I hope that my message of life will be enough to spare the next from your take.

Dear Mr. Cancer, this is me saying goodbye to you.

It has been an interesting few weeks here at 1 Gerson Way. We are all still here and things are going strong. The past couple days have been tough, emotionally and physically. I feel like another reaction may be coming on. I am planning to have more blood work in another week or so. The doctor had been considering starting the castor [oil] this go-round. That ought to kick this thing into high gear. And for those still reading, I will try not to burn that many ticks before my next post.



eliminate salt for an entire month, and increase her consumption of fresh raw fruit and vegetables, preferably organic.

I phoned her after a month and she was overjoyed to tell me that her next period had been totally painless. From then on, she completely changed her diet and began to take small amounts of potassium in fruit juice. She has never suffered from period pains again and was happy to have lost quite a bit of extra weight as well.

Convinced that her doctor would tell her “diet had nothing to do with it”, I advised her to tell him about it anyway. Both of us were amazed and pretty indignant that he said, “I’m not surprised, salt causes swelling and cramps!” Why didn’t he suggest this before giving her dangerous drugs? He had known about her problem for a long time.

Well, all my daughter’s friends with this problem have now made the conversion and I am proud to think that the musical world will be richer for it!





# The Trophoblast Theory of Cancer Development

by Charlotte Gerson

The trophoblast theory has a rather complex background in embryology. Therefore, in order to make it clear and logical for the layman, it has to be greatly simplified. However, as in all scientific matters, if one understands the underlying facts, it is not too difficult to put them into clear and simple terms.

In the course of many lectures by Ernest Krebs, Sr. (MD) and his son Ernest Jr. Ph.D., inventors and early users of the now well-known anti-cancer agent Laetrile (also referred to as Vitamin B<sub>17</sub>), Ernest, Jr, a greatly respected biochemist, stated that “cancer is a trophoblast, a cell in the wrong place at the wrong time!” The material below will explain the reason for this statement.

Starting at the beginning, the fertilized egg of all female vertebrate beings travels down the fallopian tubes into the uterus. There it needs to find a solid place to settle and find nutrition! In other words, it has to implant itself into the lining of the uterus! In order to do that, it needs to secrete enzymes that allow it to penetrate the lining of the uterus, stay firmly implanted and begin to build a way to draw nutrients! It is capable, after only the second or third division of the fertilized egg, when it doesn't have more than about 16 cells, to do just that! It is then about 5-6 days old. By day 10-12, the egg is firmly embedded and its chemical structure has stopped the female's immune system from attacking these “foreign” cells (consist-

ing of self plus male sperm) and is now capable of penetrating into the maternal blood vessels, forming its own blood vessels with their own blood supply providing nutrients for the growing embryo. This process is called “angiogenesis”.

This is exactly the same process that a malignant cell uses. Also a malignant cell is an almost exact copy of the fertilized egg at this stage (the trophoblast) of implantation and forming its own blood supply. They are virtually indistinguishable under a microscope!

But then the huge difference happens. Somewhere between the 8<sup>th</sup> and 9<sup>th</sup> week of fertilization, the growing embryo has started to have a functioning pancreas, which releases pancreatic enzymes into the blood stream. At that moment, the pancreatic enzymes kill, or halt, the embryonic capability of invasion and angiogenesis—so that the growing cells function as a normal growing embryo. In other words, the identical behavior between the trophoblast functioning as a malignant invasive cell and cancer comes to an end, and it becomes a normal growing embryo.

It is perfectly logical to take this process on to the killing of any other tumor tissue, pancreatic enzymes will inhibit and eventually kill growing, invading malignant cells. The originator of the Trophoblast Theory of the

Origins of Cancer was Dr. John Beard, MD, of Scotland who was a professor teaching at medical school. It is reported that prior to starting some of his lectures, he would show the students a handful of pancreatic enzymes he held, explaining what they were, and letting the students know that he was taking them to control his own lymphoma.

Dr. Beard lived to be 66 years old and passed away in 1924. He was viciously attacked by the cancer establishment which even then could not pick up new ideas. Today the situation is much worse, since the use of chemotherapeutic drugs in the treatment of cancer is tremendously lucrative, and Big Pharma uses every tactic they can think of to get rid of any possible competition; they don't want to allow a simple, unpatentable enzyme to supplant their billions in cancer profits.

In his very recent book, *The Trophoblast and the Origins of Cancer*, ISBN 978-0-9821965-0-2, Dr. Nicholas Gonzalez (MD) goes even further. He writes that “... soy, which, however aggressively it may be pushed as a beneficial food, contains one of the most potent natural trypsin inhibitors known, the Bowman-Birk Inhibitor.” (Trypsin is the fraction of the pancreatic enzyme that kills tumor tissue.) **Absolutely avoid all forms of soy products!** Soy, due to its immense profitability as a food crop, has been incorporated into hundreds of items of processed foods! It is also one of the most widely genetically modified foods available, bringing even more danger to the dinner table.



## Who provided the placebo?

## Fraud in Drug Testing

by Charlotte Gerson

The “scientific medical mainstream” holds up the *double blind study* as their gold standard for testing drugs. It is designed to test a new drug against a “placebo,” supposedly containing an inactive substance (often a sugar pill), known to be free from any medical effect. Neither the researcher nor the test subjects are supposed to know who is getting what material (hence “double blind”) to remove any psychological bias transmitted from the researcher.

Chantix (Pfizer) is a best-selling smoking cessation drug.

This is what happened in the course of the “double blind study” covering the drug “Chantix”, manufactured and marketed by Pfizer. In the first quarter of 2008, the number of serious reactions from Chantix reported to the FDA was higher than for all the other 10 best-selling brand-name drugs *combined*. One year later, the FDA required Pfizer to include a “Black Box Warning” that the drug might cause “depression, suicidal ideation, and suicidal actions!”

Other side effects of Chantix included nausea, insomnia, and abnormal dreams.

Oddly, the serious side effects were *more* common in the group that received the placebo! Also, no one in the Chantix group reported suicidal ideation, but one person in the placebo group did. So what was in the ‘placebo’? There is a serious flaw in the system that has not been addressed: Who provided the placebo, and was the placebo itself tampered with by its provider?

It turned out that there were other unreported problems with the drug tests: The medical doctor who conducted the study, Dr. Donald Tashkin, is a consultant for Pfizer, a clear conflict-of-interest. Added to that, the

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## Healing the Gerson Way in Other Languages

by Howard Straus, Editor

We have received a number of inquiries as to how to get a hold of *Healing the Gerson Way* in the several languages in which it has been published. Below is a listing of the contact information that we have for the publishers and individuals who have made the book available in their countries.

These are all the currently published translations. Translations complete but not yet published are Arabic, Slovenian and Chinese. Translations underway are Croatian and Turkish.

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Kim Il Ryong  
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<http://ylmedia.co.kr> (currently under construction)

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20127 Milan  
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<http://www.macroedizioni.it/collane/labiblioteca-del-benessere.php>

### Japanese

Keiichiro Masuda  
Jiyusha Publishing Company Ltd.  
16 Kanda-Kitanorimono-cho  
Chiyoda-ku, Tokyo  
Japan  
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### Spanish

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Bruna, Publisher  
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## Drug Testing Fraud ...

*continued from page 7*

fact that the study was funded by Pfizer speaks to the study's lack of credibility. Keep in mind that these blatant conflicts of interest were unreported, leading to the possibility that Pfizer, itself, provided, and tampered with, the placebo, which would have been another serious breach of scientific ethics. By this time, of course, we know the words "scientific ethics" and "pharmaceutical manufacturer" should never be uttered in the same breath.

Since other "double blind" studies of drugs are usually conducted, funded and reported by the manufacturer, can we believe any of them?

*Reported by The Health Sciences Institute of Baltimore ([www.hsibaltimore.com](http://www.hsibaltimore.com))*



### *Polish Health Minister bans*

## Untested H1N1 Vaccines

by Charlotte Gerson

On November 5, Sherry Beall, well-known health commentator on the Los Angeles FM station KPFK (her show is "Healthy Planet; Healthy Me") reported the following:

"The Polish Health Minister, Eva Kopacz told Parliament during a heated debate on the swine flu vaccination that she, as a qualified family doctor with more than 20 years of experience, will not authorize the use of untested vaccines on millions of people in Poland.

"She said that the *secret* contract (!?) that the Polish government was supposed to sign with pharmaceutical companies had more than 20 clauses which are against the law!

"Kopacz noted that governments in Western Europe had signed *secret* agreements with pharmaceutical companies, but that the prosperity of the people of Poland was more important to her than the profits of Big Pharma.

Furthermore, the family doctor and Health Minister said there is absolutely no information about the side effects of the swine flu vaccine. The pharmaceutical companies did not want to take responsibility for the injection."





*It can cost you your life!*

# Cheating “Just a Little Bit” on the Gerson Therapy

by Charlotte Gerson

“You may remember me. I attended [the Mexican Gerson hospital] in August for three weeks. I have melanoma and have been on Gerson Therapy for over three months now.

“Last week I had my first PET CT scan since before going to [the clinic], and it showed the disease had progressed. Tumors had increased in size and had spread to new areas of my body.

“I may have been doing things that reduced the effectiveness of the therapy and want to ask you about it.”

The above is an actual e-mail I received just a few days ago. I wasn't sure whether to be glad (if it's a healing reaction) or upset, because the patient isn't doing well. So I made sure to talk to him.

First, I checked whether it could be a healing. But it didn't correctly fit the symptoms. Apparently the patient checked with the Gerson doctor who felt it was a normal healing reaction. But I wasn't sure, so I checked further—especially in view of the statement in his e-mail, “I may have been doing things that reduced the effectiveness of the therapy . . .” I wondered *what* and asked a bunch of questions.

My first suspicion is water. In spite of all our warnings, too many patients feel that a good shower filter makes fluoridated water safe for taking showers. **It does not!**

However that was not the problem in this case. I checked further—and finally the patient came out and admitted that “occasionally” he was eating chicken wings or was snacking on forbidden items.

An “occasional” or “tiny” snack can block the healing and make all the difference. That is particularly true since the “occasional” becomes a “regular” and not a “tiny” but an increasing snack! And that makes all the difference in the world. It blocks the healing, it blocks the body's ability to excrete toxins and build up defenses—in other words, the body cannot restore its defenses.

I told the story of a patient's husband, who many, many years ago, called my father as we sat around the Thanksgiving table, and asked if he could give his wife just a little piece of white meat turkey. It happened that this patient had been suffering from wide-spread melanoma which was rapidly being absorbed and healing. My father said “No, absolutely not.” Then the husband wheedled, like a naughty kid, “But she is doing so well, and she has been so good, couldn't she have just a tiny bit?” And again, Dr. Gerson said, “No, I could not take the responsibility!” So this wise guy said, “OK, I'll take the responsibility”—and hung up the phone.

It was only about two hours later that the same fellow called again. “My wife is in a coma!” After eating just a little piece of white turkey, the healing and detoxing processes were interrupted, the toxins were no longer released and, via the blood stream, reached the brain! Now, the patient is in a life-threatening situation, a coma! Dr. Gerson told the humbled husband to give her a coffee enema every two hours and report back. She came back around!

It is possible that we don't give the patients at the hospital enough warning about the strictest possible adherence to the Gerson Therapy. Yes, just a *tiny piece* can matter.

It was only a week or so later that we had another similar call. A lady patient, also with melanoma, complained that her tumors were spreading after only a few weeks at home from the clinic. Again, on careful checking, it turned out that she was “occasionally” smoking! She thought she

had an excuse that prior to admission to the Mexican Gerson hospital she had been smoking two and a half packs a day—and she was only taking a very “occasional” cigarette, so she was even proud of herself for having cut down so much! (At the clinic, she had stopped smoking entirely!) I don't even bother to check on *How often is “occasional”*? I know I wouldn't get a true response, but entirely apart from that, even a truly “occasional” cigarette is highly toxic and will interrupt and stop healing! In this case, I warned the lady that she would have to choose between smoking and staying alive! I also had to warn her, as well as the gentleman who was snacking on “chicken wings”, that they had to choose between staying alive and well or dying for the “occasional” snack or cigarette! There is more.

There is one other serious consideration: I warned both these patients that we have over the many years observed the following. The Gerson Therapy is almost always dramatically effective in producing healing, and/or pain and tumor reduction, or improved appetite and sleep—some welcome healing response at the very start of the treatment. This continues with healing reactions and eventual total healing at home. However when patients cheat, or without blame are exposed to toxins, the flu, or other causes interrupting the treatment, it is quite evident that on resuming the therapy, they can overcome the problem and start the healing process again.

However, the second time, the healing is not as fast and dramatic, but it is still almost always possible. **The real problem is this:** If the patient repeats the problem again, the body almost never reactivates the healing a third time!

We should like to urgently warn the patient again: Don't start the Gerson Therapy if you know you'll have to interrupt it shortly (a big holiday, an upcoming wedding celebration, and urgent trip or so). After you start with it, *stay with it* and keep this as your serious resolution:

**“I need to do the best possible to heal my sick body”—rather than “I'll try to see what is the least I can get away with!”**

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## Gerson Therapy Workshops, Lectures & Events, 2010

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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 (toll free from the US) or (619) 685-5353 for an updated schedule or for more information. Advanced reservations are no longer available.

Date & Time	Event	Location	Speaker	Contact Information
Mon., Jan. 18 to Sun., Jan. 24 and Mon., Apr. 12 to Sun., Apr. 18, 2010	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: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Please call for price and availability.
Thu., Jan. 21, 2010 9-10pm EST (6-7pm PST)	Jonathan Landsman Radio Interview	Can be heard over streaming Internet. Address in "Contact"	Jonathan Landsman will be interviewing Charlotte Gerson	The program may be heard anywhere in the world over streaming audio Internet connection at: <a href="http://www.create-health-and-wellness.com/talk-hour.html">www.create-health-and-wellness.com/talk-hour.html</a>
Fri., Feb. 19 to Sun., Feb. 21, 2010	Caregiver/Gerson Basics Class	San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, ND, Carol Beard	Barbara Conde, the Gerson Institute, (888) 443-7766 or +1 (619) 685-5353. Email: <a href="mailto:bconde@gerson.org">bconde@gerson.org</a> . Please ask about 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: <a href="mailto:bconde@gerson.org">bconde@gerson.org</a> . Please ask about price and availability.