

Full Gerson Therapy Combats Prostate Cancer

by Diane Ake

The following is the story told to me by William Holman in Texas:

During a routine exam, the doctor found a nodule on my prostate. I got a biopsy and they found cancer on half of my prostate. They wanted to remove or radiate it but they couldn't guarantee that I would be cancer free. I spoke to my friend Allison who did the Gerson Therapy 25 years ago, who described the rigorousness of the Therapy. At the time, I didn't think I could do it. So I bought books on healing from cancer, fasted, changed my diet and took supplements. I also did cryotherapy where they froze the half of my prostate that had cancer. It took one year to recover. The doctors told me to continue living as if nothing had happened.

Four years later, in 2011, I got another biopsy and they found cancer on the other side of my prostate. They said they would not be able to do surgery due to the scar tissue, but that they needed to do radiation. They told me I would be incontinent the rest of my life and would



Bill Hollman

have to be in diapers, and that there was a good chance that I would develop intestinal cancer in five years. I decided not to pursue that route. I contacted Allison again and asked "what are the chances the Gerson Therapy would help me?" She said that she guaranteed it, and had full confidence I could get well.

In the meantime, my 20 year old daughter recently married a 24 year old man. He discovered that he had stage

IV melanoma. He went to MD Anderson and they told him all they could do was experimental treatments. Days later he died from a heart attack in the hospital from the experimental injections. That event clinched my decision to pursue the Gerson Therapy. My daughter bought *Healing the Gerson Way* and that became my bible. In March 2011 I started doing enemas, borrowed a Champion juicer and did as much of the Therapy as I could. On July 1, 2011 I went to the Gerson clinic in Mexico.

I started out doing the full Therapy of 5 enemas, 13 juices, 3 organic meals a day and castor oil every other day. I experienced some healing reactions, including severe depression, mood swings and self-pity but it passed. My body also released toxins through blemishes breaking out on my face and chest, and swelling and knots in my left breast. I used clay packs for a month and it went away. Every time I have a reaction I celebrate. I went through self-doubt. I

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Fighting for Health Freedom

by Darrel Crain, DC

The human body is innately capable of healing itself when abundantly supplied with proper nutrients and allowed to clear itself of toxicity, to paraphrase the universal wisdom of natural healing as articulated by Max Gerson, M.D.

Clinical applications of this natural healing principle have proven over and over that there is no such thing as an "incurable disease." Increasingly, such health strategies are gaining acceptance, and for growing numbers of families the pursuit of natural health and healing seems, well, "perfectly natural."

Meanwhile, standard, one-size-fits-all

medical interventions universally applied in the name of public health, such as mass vaccination against childhood infectious disease, are failing. Not only are vaccines failing to prevent infection with targeted diseases, but certain vaccines are widely linked to catastrophic immunological, neurological, and developmental harm to thousands of young people each year.

We learned after the 2010 whooping cough epidemic in California that researchers in one county found that over 90 percent of the people who contracted whooping cough were already vaccinated. And what is the

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Full Gerson Therapy...

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realized I was making a life and death decision. But a year later I know I made the right decision. It seems ludicrous now to do chemotherapy or radiation.

I am now doing 3 enemas, 9 juices, castor oil every Sunday, and have been able to add a few additional things to my diet as instructed by my Gerson doctor. I love the food. I hired a woman who used to be a cook at Whole Foods. She does the shopping, makes juices, lunch and dinner, and cleans and prepares all of the produce. I am self-employed as a jewelry designer.

My daily routine consists of doing my first coffee break, taking a shower, having breakfast, making 2 carrot juices, making a green juice and drinking it. I go to work and come home for lunch at 1 pm, do another coffee break and drink 2 green juices. At 3 pm my

helper delivers three juices. After dinner I have another green juice and do my last coffee break.

I couldn't have done the Therapy without my wife, who has provided me with emotional and mental support. She was my caregiver at the Gerson Clinic. She has also kept me on point, making sure I do my juicing and setting the timer. She also inventories and orders all my supplements and puts them into weekly containers. The Gerson experience requires two people and a partner is very important to this process. She has also adopted the Gerson lifestyle and eats Gerson foods 90% of the time. She loves it now.

Luckily, my family practitioner also supports and believes in what I do. I also go to a chiropractor who does energy healing and keep in regular contact

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Fighting for Health...

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response from public health authorities when a vaccine seems to be failing 9 times out of 10? Require more booster shots! Students who do not get the shot are barred from enrolling in school, unless the student's parents understand they have the right to opt out—at least for now.

Each injection with a vaccine carries risks. The CDC Web site tells us that 1 in 14,000 children receiving the pertussis vaccine (DTaP) will suffer a seizure, 1 in every 1,000 will have nonstop crying for 3 hours or more, and 1 child in 16,000 will spike a sustained fever of more than 105 degrees. Are these responses temporary, self-limiting, and benign? Is vaccine-induced disease preferable to naturally acquired infection?

Parents' fundamental freedom to answer that question for themselves is under attack. Two new public health laws signal an intention by California's elected officials to completely dismantle the basic, historic right of parents in this state to decide what is best for the health of their own child.

According to California lawmakers, twelve-year-olds in California are now sufficiently wise to make their own health decisions without informed consent from their parents. Meanwhile, those same lawmakers judge parents to be too foolish to understand such matters, who must now be forced to consult with a medical professional before making health care decisions for their children.

The first bill, AB499, was passed by the legislature and signed into law by the governor in late 2011. This law granted 12-year-olds the authority to decide to be injected with vaccines against sexually transmitted diseases.

AB499 was written specifically to allow direct marketing of the controversial human papillomavirus (HPV) vaccines, Gardasil and Cervarix, to children at school. "Informational videos," hip, MTV-style "advertainment" are very effective at convincing teens that if you want to be cool, you need the shots.

Alarming, the principle
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Gerson® HEALING news

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Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It 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 U.S. \$45 or more (international memberships U.S. \$55) to The Gerson Institute.

Conni Spancake, Gerson Institute Board of Directors Secretary

How did you first hear about the Gerson Institute and when?

After being diagnosed with melanoma in 1996 I received many articles and books on alternative therapies from people who had heard of my diagnosis. Among these was an article from Prevention magazine on the Gerson Therapy. After two recurrences and surgery to remove the melanoma, I decided to do the Gerson Therapy in 2000.

What interested you in the Gerson Therapy and Gerson Institute?

I was much more interested in a natural approach to healing than a chemical one.

I experienced my own cancer cure and learned how to live and eat a different way. That convinced me of a better approach to healing for all health-related issues.

What was your involvement with the Institute before you became a Board member?

After my own treatment I took the training and became a Certified Home Set-Up Trainer in 2004 and then became a member of the Gerson Institute Board.

What type of work have you done in your life?



Conni Spancake

I have a degree in Accounting and have taught business subjects on the college and high school levels. I also have had some office experience, and I've been a member of several different boards.

What hobbies and interests do you have?

I love teaching the Bible and have been able to participate in jail ministry and children's ministry. My grandchildren are the joy of my life. I love spending time with them.

What is most satisfying to you about being on the Board?

It has been an exciting time to be part of the growth in the Gerson Institute. I have also found it both rewarding and gratifying to be part of an energetic team that is unified in its purposes and vision.

Any other comments?

I am heartened to see that more and more the medical establishment is giving more credence to diet and lifestyle in the healing of diseases.



Donations are GREAT, but they aren't the ONLY way you can help!

As a nonprofit organization, your membership donation is key to helping us fund activities like our toll-free educational help-line, patient follow-up program, and the creation of new educational materials. Each and every membership donation is a great help, no matter how much you can afford to give. Several times each year, I hear from members who tell me they wish they could give more. A recent experience reminded me that even if you can't afford to give a larger personal donation, there are many other ways you can support the Gerson Institute, which I would like to share with you.

Company Foundations & Matching Gifts

Earlier this month, the Gerson Institute received a \$4,000 grant from Schneider Electric Company to help fund our Coaching Program. We received this grant (and a generous matching gift from Schneider Electric each year) because a Gerson member, David Gilbert, works for that company and went the extra step to ask them to support us. If you work for a larger company, like David, you may find that your company matches any donation you make to a 501c3 charity – like the Gerson Institute. Please ask if your employer makes matching gifts and

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Gerson Supporter Chase Bank Customer ? Vote for Gerson in the Chase Giving Program September 6 – 19

If you are a Chase customer, you can help the Gerson Institute by voting for us in the Chase Giving Program between September 6-19. All Chase customers with an online account can go to www.ChaseGiving.com and cast a vote for the Gerson Institute. Plus, Facebook users who accept the Chase Community Giving Application (facebook.com/chasecommunitygiving) can cast another vote for

Gerson. It's an easy way to support the Institute – and gives us a chance to win grants ranging from \$10,000 to \$250,000!

And thanks to the Gerson members who nominated us for this program! Just by accepting your nomination, we have already earned a \$1,000!



Full Gerson Therapy...

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with my Gerson doctor. The challenge is traveling or any event, even going on a day trip. I have to prepare and take all my food with me. I make cole slaw, potato salad and carrot/apple juices in advance. I do my enemas in a hotel. I take along a hot plate and toaster oven since it is hard to find places with ovens. I also take a Champion juicer with me.

I weighed 220 pounds when I started the Therapy and now I am down to 168 pounds. My weight is staying the same and I have never had this sort of weight consistency in my life. I feel really good right now. I have been on the Therapy for 15 months. My PSA is still under 1. In another year I will get a

PET scan and maybe an MRI. But I am not worried about it right now because you either trust this Therapy or you don't. A lot of this has to do with faith and commitment.

All my children and my wife are very supportive. My brothers were skeptical at first but now both of them have

"This is definitely the right way to conquer cancer."

juicers. I am just leading by example. People around me are starting to take notice and are buying juicers. My new neighbor invited us over for cocktails.

I explained to her that I had to decline since I am battling cancer. She said that she couldn't believe it because she thought I was the healthiest man she had ever seen.

I intend to stay on this diet the rest of my life. I am 100% sold on it one year into it. In two years I will probably be more sold and it will become a life journey. I didn't realize my life would change so much. The cancer is sort of secondary but changing your life is what it is all about. It is about healing my whole body that will give me 10 or 15 more years of life. It is like an AA program for your health. Once you get into it you can never go back. This is a gift from God. I just wish more people knew about it. This is definitely the right way to conquer cancer.



Fighting for Health Freedom

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scientist who developed both of the HPV vaccines, Diane Harper, M.D., has repeatedly raised serious doubts about the wisdom of even using the HPV vaccines.

"70 percent of all HPV infections resolve themselves without treat-

"It will mark the first time in California history that permission is required to opt out of a voluntary medical intervention."

ment within a year. Within two years, the number climbs to 90 percent," explained Dr. Harper at the Fourth International Public Conference on Vaccination in October 2009. "Even if we get the vaccine and continue Pap screening, we will not lower the rate of cervical cancer in the U.S."

Side effects listed in the U.S. Vaccine Adverse Event Reporting

System (VAERS) from HPV shots include Guilliane Barre, lupus, seizures, paralysis, blood clots, and brain inflammation. As of April 2011 there were 95 reported deaths, and 21,634 reported adverse events following HPV vaccination.

Can you imagine finding your teenage daughter having a grand mal seizure on your living room floor, only you have no idea what to tell the emergency medical responders may be causing the convulsions?

The second bill, AB2109, will in all likelihood be signed into law late this summer. It will mark the first time in California history that permission is required to opt out of a voluntary

medical intervention. Parents who wish to exercise control over which vaccines their child will receive, if any, will soon be required to make a doctor's appointment and be lectured about the wonders of modern mass vaccination before they receive "permission" to opt out of vaccinating their children.

Evidence indicates that many mandated vaccines are neither safe nor effective. This probably explains why vaccine producers and promoters would prefer to simply pass laws to force compliance, and thus avoid having to publically debate the inconvenient and sometimes tragic real-world outcomes of universal vaccination.

It is more important than ever to preserve parental rights of informed consent, and the right of parents to choose and refuse which medical interventions may be appropriate for their child.



Government employee?

Support the Institute with a payroll donation – and suggest it to your co-workers.

Remember, we're in the CFC as the Cancer Curing Society.

CANCER CURING SOCIETY – CFC # 11266

Benefits of Gerson Home Set-up Trainers

by Diane Ake, Editor

Editor's note: Joseph Cristin is a Gerson patient. He hired a Home Set-up Trainer, who was referred to him by the Gerson Institute. Joseph explained to me the benefits of hiring a Home Set-up Trainer and his experience having one come to his home:

The Home Set-up Referral Program is great. We received a listing of all the Trainers from the Gerson Institute. We called Conni and closed the deal in two days. We enjoyed her presence here and her professionalism. The price that we paid to have a professional in our home is minimal for what we received. It was wonderful. One of the great things she taught us was how to prepare eight bags with produce for all the green juices for two days. We prepare the bags every two days. When we are ready to make a green juice we just have to grab one bag and put the contents together with an apple. This helps us not only to save time but also to save money because we don't have extra produce left over. Conni also taught us how to do clean up in a quick way.

We spent a week trying to do the Therapy by ourselves, using the Gerson videos, so we knew how to do a lot of things before she came. But her help was incredible. Conni gave instructions on how to do the coffee enemas, castor oil enemas and how to drink the castor oil. She helped a lot with the enemas. We learned how to elevate the stainless steel enema bucket 18 inches above the

ground. She also taught how to purify the water in our house. We ordered a water distiller. She helped us in every



Joseph Cristin

aspect, including how to stop using chemicals in our home. We learned how to clean with vinegar, for example. We learned how our house was full of pollutants that can cause cancer, so we got rid of almost everything inside of our house and refrigerator – toxins and unhealthy foods. Our cabinets were replenished with live, fresh foods. She went with us to the store and helped us to find rye bread without sodium, fat or sugar. I didn't know I had to eat a special salt-free bread. I also learned a lot from her about the problems with wheat.

Conni taught us how to make castor oil and clay packs and how to use them. She showed us how to store the castor oil packs in the refrigerator so we would have them ready in case of pain. The

packs also help to detox the liver, and now I apply them regularly. She also trained my wife, who is a different human being since Conni was here. She knows how to cook now. She never knew how to cook before. She gained so much experience from Conni's visit. After Conni left, my wife was very self-confident. I had never seen that happen before to her. After four months of cooking for me, she enjoys cooking and eats the same foods that I do.

The Home Set-up Trainers can also travel overseas to your home. They are dedicated people with a great heart. Conni came to my own house to help me survive this awful illness. What else can I ask for?

As described in previous issues of the newsletter, a Home Set-up Trainer is an independent contractor who is trained and certified by the Gerson Institute to go to a Gerson patient's home and teach him/her, the families and helpers how to correctly set up the home. They teach how to prepare the food and juice the Gerson way, how to do coffee enemas, how to eliminate toxins from the home and replace them with non-toxic products, and how to find sources of pure water. If you would like to obtain a referral for a Home Set-up Trainer, please contact Blanca Ayala at bayala@gerson.org for a Home Set-up Trainer Request form.



Donations are GREAT, but...

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what you need to do in order for them to match your donation. I will be delighted to provide any documentation needed by your employer. Taking the time to ask may double the donation you make to the Institute. In addition to matching gifts, some corporations also give grants to nonprofits and prioritize charities that have an employee sponsor. If the company you work for makes grants to charities, the Institute would be happy to discuss different program opportunities and write a grant for the project that you feel most passionate about supporting.

The Combined Federal Campaign

Every fall, federal and state employees are encouraged to take part in the Combined Federal Campaign,

a program run by the government which allows these employees to donate a portion of their paycheck each month to a charity of their choice. The Gerson Institute is one of many charities approved to take part in this campaign. If you are a federal or state employee, you can choose to give to Gerson through this campaign, and even more importantly you can encourage your co-workers to consider giving to a charity that you know and trust. If you are interested in promoting Gerson at your workplace, I would be delighted to send you flyers! But, please remember we take part under our DBA the Cancer Curing Society, which we created years ago when few people recognized the name Gerson.

Ask for Donations in Lieu of Gifts

Do you have a birthday, an anniversary, or another

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Your Letters

Dear Charlotte,

I have been on the Gerson Therapy for 8 months after having been diagnosed with stage 4 colon cancer last September. I have never felt more healthy and strong in my life thanks to the Therapy. I recently celebrated my 61st birthday with energy and joy, again thanks to the Gerson Therapy. My daughter wrote me a birthday card that reflected the feelings that our family shares for you and your father and the incredible work that he accomplished against all odds. We are so grateful. I have asked my daughter to type out what she wrote in the card so that I could share it with you. I have also attached a photo of my daughter and I dancing at her wedding.

After reading the book your son Howard wrote, *Healing the Hopeless*, I feel as if I know him (Dr. Gerson) and would have liked to see him receive the Nobel Peace Prize for his work and lives he saved and continues to save. I have read all his books and yours as well. There is not a day that goes by that I do not think of you and your family and what you have contributed to the world.

God bless you and yours,

Maria Luisa Ray



Carol,

Thank you for accepting me into the Gerson Coaching program, and for my first consultation. Our time on the phone today was invaluable to me and I greatly appreciate all the good advice, help and direction you gave me. I have ordered the basal thermometer and soon will be able to monitor the basal temperature accurately. I appreciate the attachments you sent as well. Your encouragement, knowledge and certainty have given me the boost and positive outlook I needed. I am so committed to my therapy and all the direction you offer.

Thank you very much!

Cynthia Ison



Mommy,

I'm so grateful that I'm celebrating another birthday with you. This past year has been an emotional rollercoaster. I told Travis it has been both the best and worst year of my life. The ups and downs have been dramatic. You were diagnosed with cancer for the second time, I got married, we found a cure for cancer, but the cure requires you to become "a hermit." This last year could not have been, was not easy on you. You were horribly sick for the first 9 months of 2010, and then came the devastating diagnosis and the cure that gives us your life, your survival, but takes away so many of life's little pleasures. Yet, you keeping chugging along, like the little engine that could, only with a little more sass and a whole lot more caliente. You have so much strength, will power, and courage in that teeny tiny little Spanish vessel we call your body. I have to remind myself what you have been through, how far we have come since the surgery and all that followed since, lest I forget and take a single moment of peace and quiet with you for granted. By the grace of God, and the spirit of Dr. Max Gerson, this topsy-turvy roller coaster ride spit us out onto a lake of serenity, where we can glide along peacefully, deciding what reality show to watch next. Where we can walk to dinner and I can hold your hand. You can't order anything, but I can hold your hand, and that is

what is most important. I know the Therapy is redundant and routine, but I enjoy the certainty of it in a way that I could not have prior to experiencing the uncertainties that filled the year that preceded it. Thank God for Gerson, thank God for you, thank God for our peaceful days. Let's fill your birthday and every day after with joy and laughter that our time together brings.

I love you,

Michele



Hello Gerson Institute:

The purpose of writing this note is to thank you all. Six months ago I started watching and reading about the Gerson Therapy. My kids (4 and 8 years old) were suffering from severe environmental allergies and doctors recommended putting them on steroids year round, which I refused. (Having a biological science research background, I knew the risk of steroids). I was so depressed.

Only one month ago, I started them on the Gerson Therapy. I am only juicing 3 times a day. It is helping them so much that I do not have to even give them anti-allergic treatments! Also coffee enemas are helping me with my severe migraines. I still have to learn this Therapy in more detail though.

I sincerely hope that doctors will start practicing this Therapy in the United States. I really cannot afford to go to the Gerson clinic. But thanks to all you guys for making the Therapy so available with all your books and CDs that even a middle class person could start working on it. Also thank you for being so compassionate. Whenever I call you guys or write an email I always get a nice reply back.

I am a big fan of Charlotte Gerson and I hope to meet her someday. May God bless her and give her a very, very long life. Thank you all very, very much and may God bless you all.

Ritu



Ask the Doctor

by Diane Ake, Editor



Dr. Kayla Smith, N.D.,
Medical Director, Gerson Institute

We want to introduce to you a new column for our newsletter where readers will have an opportunity to submit questions to our Medical Director. She will select a question for each issue of the newsletter and we will publish her answer. Please do not ask any questions regarding personal medical situations. Please submit

your questions to Diane Ake, Editor, at dake@gerson.org with the subject line "Ask the Doctor."

To kick off this column, we have selected a question and answer regarding crude liver extract.

Question: What can I do when I am not able to obtain crude liver extract?

Answer:

The availability of crude liver for injection varies greatly. At this time, the clinic in Mexico has obtained a brand called Parggon. Patients who attend the clinic are able to purchase a supply to bring home. However, no vendors ship this to the US. ISHI (a company that sells Gerson supplements) ships to most places outside the US. For those who do not have access to crude liver, we make the following recommendations.

Take an extra desiccated liver capsule per dose, if it is well tolerated. In total, a patient may take three caps of desiccated liver, three times a day. This would be contraindicated if the patient has gout. If this causes stomach upset, the liver caps can be taken with meals, when the digestive enzymes are taken. B-12 can be taken orally or sublingually at 1000 mcg daily or alternatively a 1 cc injection per week. Methylcobalamin is the preferred form of B-12 for injection or oral.

Crude liver for injections is available at some compounding pharmacies in the US, but requires a doctor's prescription. If you can obtain this, it will be of a higher concentration, so check with the Gerson Institute to see if the dosage needs to be adjusted. B-12 for injection is also available by prescription. We suggest you see if your doctor will prescribe these items for you.

Milk Thistle, an herb which is hepatoprotective and hepatorestorative, can be taken periodically at 250 mg twice a day between meals. It should be an extract standardized to 80% silimarin. This can provide extra support for the liver.



Team Gerson Runs Again

by Amanda Onken, Team Gerson Coach



As the coach of our running team I must take time out to brag about and congratulate our awesome running team for another great race! On June 17th we had 19 runners gather at Tecolote Canyon trail to go on an adventurous run of hills, sand pits, single track trails, river beds, rocks, and golf balls! We all had a great time and recovered with some carrot/apple juice and a vegan meal at Ranchos restaurant.

I am proud that everyone did so well and finished with a smile on their face. Some of us also donned our new race shirts with the logo Heal Yourself. If you remember from previous newsletters, Team Gerson provides an alternative to the teams that run in the name of more conventional cancer cure/treatment races. Stay tuned to hear about more runs that we will be doing this year.



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Donations are GREAT, but...

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event coming at which family and friends will be trying to figure out what they can give you that will actually have meaning to you? Rather than risk getting another china platter, which you will never use but feel guilty giving away, you could ask people to make donations to the Institute in your honor. This gives your friends and family a way to show you they care, and instead of getting gifts that you don't think you will ever use, you get to know that you've helped provide potentially life-saving information to someone else.

Buy Gifts for People from the Gerson Bookstore

The revenue from the sale of the educational materials in our book store is a key piece in funding our other programs. This income helps subsidize the many programs that we offer to the public for free or well below the actual cost. If you have someone who you know is interested in alternative healing, please visit our online store before you head to Amazon!

Spread the Word – Let people know about the Gerson Therapy and the Gerson Institute

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Date & Time	Event	Location	Speaker	Contact Information
Sept 10 - 23 Oct 8 - 21 Nov 19 - Dec 2	Two-week therapy sessions at the Gerson Health Centre, Hungary	Dobogoko, Hungary (outside Budapest)	Gerson Therapy physicians and staff	See www.gersontherapy.eu for more information on the centre, and email info@gerson.hu for information regarding admission cost, and other arrangements. Their English translated page www.gerson.hu is in Hungarian.
October 25 - 27	Gerson Basics Workshop— Now available in Live Stream	San Diego, CA	Dr. Kayla Smith, ND; Carol Beard; Silvana Procopio	To apply, go to gerson.org/programs/caregiver_training.htm , and contact Barb Conde at the GI for further questions and cost: (888) 443-7766 or (619) 685-5353, or email: bconde@gerson.org
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