

Gerson Medical Training Will Reach Across the Globe

by Diane Ake, Editor

Twenty-four medical professionals from across the globe, including Peru, Hungary, and even the Isle of Man, participated in the Gerson Institute's Module I Practitioner Training from May 19 – 23. Module I trains

medical professionals, including medical doctors, chiropractors, osteopaths, naturopaths and nurse practitioners in the Gerson Therapy, through presentations both practical and scientific. The goal is to enable participants to eventually become certified Gerson practitioners through completing Module II, where they oversee Gerson patients, while consulting with the Gerson Institute Medical Director.

Why do practitioners come to the training? At lunch one day I spoke to Robert, an acupuncturist from Los



Angeles, who was enjoying a plate of cooked and raw vegetables and Hippocrates soup. Robert told me of another participating doctor from Canada, who had said "I give my patients the very best treatment. I give them the very best chemotherapy, radiation, and surgery. And they die." Robert elaborated, "So he came to help his patients. There's a lot of pressure from the medical industry to just do really expensive, ineffective treatments." Robert hopes to use the Therapy in his own practice as much as he can. A fan of Charlotte Gerson, Robert said, "I think it's great, I love real healing."

Steve, a chiropractor and acupuncturist, was mainly motivated to partake in the training by his father's recent battle with cancer. His father is undergoing chemotherapy and radiation and has lost fifty pounds. "He didn't really have fifty pounds to lose and isn't doing well," said Steve. He hopes that once his father completes orthodox cancer treatment, he can go to a Gerson clinic and embark on the Gerson Therapy. In the meantime, he hopes his father can make use of some of the dietary components.

Frank, a local osteopath and part-time civil service worker for the military,

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A Body in Distress: What Uterine Cancer Taught Me

by Shireen Catterall

There is nothing new about my story; it is a variation of one told by many. My body used cancer to shout its distress. I was undone. I found my way back to health via the Gerson Therapy, help from others and a lot of work. On the way, I shed many layers of disease and poisoning. I am grateful for having learned what is required to keep myself healthy, I am grateful. Writing this is difficult because I want to tell the whole truth and, for everything I say, there is much left unsaid.

History: Aged 42. Strong, athletic, multinational professional management consultant, wife, and mother. Tonsillectomy, vaccinations,

migraines, heavy metal exposure, oestrogen dominance, severe endometriosis (stage 4), various abdominal surgeries for endometriosis and miscarriage, removal of nine amalgam fillings, candida overgrowth and anemia.

Diagnosis (March 2007): Endometrial adenocarcinoma stage I uterine cancer.

The doctors told me I would be dead in two years unless I accepted the promise of cure via total hysterectomy and probable follow-up with chemotherapy and radiation. I wanted to put my faith in them, but I found

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had similar regards for the Gerson Therapy. He used a sports analogy, saying, "People get excited by offense, not defense. Expensive allopathic medical treatments generate a lot of money. People find defense boring, but in sports defense always wins. The immune system is the body's defense."

Monica, a former traumatologist, and currently a general practitioner in California, said she was impressed by the chance to learn parts of the Therapy by experiencing it herself. Having attended Module I on behalf of a patient she was pleased with the training and is looking forward to participating in Module II.

Katharyn, a Nurse Practitioner from New York, found out about the Gerson Therapy from a nurse using the treatment. She sees the implications of the Gerson Therapy for infertility and women's health. "A lot of health problems are weight related. The diet is critical, as well as doing prevention along with treatment."

Three doctors came from Peru. One of them, Allesandro, has a Master's in Health Management in addition to his MD, and training in environmental medicine. He spoke about how "modern medicine isn't helping and we as doctors are failing our patients. Now we can start doing things right. Before the workshop, I thought it was a great way to go, but a little complicated. Now I know it is totally doable! I want to make the Therapy available in my country. I also want to help the Gerson Institute with research in order to document results and procedures and continue developing the Therapy."

Daniela, an MD and general

practitioner, also came from Peru. She read the Gerson books and applied what she had learned with her parents when she visited them. By the end of six weeks, her mother had quit smoking and her father was off his medications for type II diabetes and high cholesterol. His arthritis also improved so much that he was able to run again after 10 years. She explained that she would be able to use the Gerson Therapy in Peru without fear of losing her license. She also said that people there already have shamans and folkloric medicine, plus over 3,000 types of potatoes, in addition to having been raised on quinoa. So the food won't be a challenge for patients, except for eliminating salt.

The practitioners were able to try their hand at juicing using the Norwalk Juicer. They also experienced a full day on a modified Gerson Therapy protocol, with seven juices, the Gerson-approved meals and a coffee enema. When asked about how the Gerson food was at the conference, one practitioner answered "It's amazing. I am sleeping better and losing weight." Another remarked that she had already lost 4 pounds during the week.

We give special thanks to the 25 volunteers who made the Gerson breakfasts, lunches and juices each day, delivered the food and made the freshly-pressed juices at the conference for the participants throughout the Therapy day.

If you are a qualified medical professional and want to learn more about the practitioner training programs, visit www.gerson.org/gerpress/practitioner-training.



(Body in Distress... continued from page 1)

their message absurd. I had experienced surgery, and it just led to more surgery and complication. It was increasingly difficult to recover from the anesthetic. I felt that my uterus was expressing an underlying imbalance and I couldn't see how removing it would help. It was exceptionally difficult dealing with my conventional medical doctors. There was much fear and a fundamental mismatch of

paradigms and language between the doctors and me.

What had long been a whisper of unease became an urgent bellow from the depths of my being. I felt misunderstood, isolated, lonely, helpless and overwhelmed. I was up a creek without a paddle.

Treatment: Gerson Therapy for five years.

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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.

(Body in Distress... continued from page 2)

My friend Emma told me about the Gerson Therapy. It made sense. I began the Therapy on May 3rd, 2007. I had horrible jaw pain from botched dental work and everything was easy compared to dealing with the pain. I didn't mind the grinding routine, doing my own daily injections, consuming the unfamiliar food, supplements, and many juices or the coffee enemas. The pain diminished with the enemas.

I received regular guidance from Stephen Gamble (a Gerson practitioner, now retired). I consulted other practitioners but found Stephen best able to hear me. It helped to talk to members of the UK Gerson Support Group (GSG).^{*} Beata Bishop, a stunning example of how successful the Therapy can be and leader of the GSG, was clear that one cannot have cancer with a clean liver. She counselled me to decide to be well and do the necessary work. Lesley Pearce, GSG trainer, made my first juice and lent me a Norwalk juicer until mine arrived. My husband and other family members provided support as I faced what seemed an impossible undertaking. Eva, dear Eva, a friend who has become like family, arrived like an angel and took over the running of my home and kitchen seven days a week for 18 months. Eva did all the juicing and cooking; to this day I don't know how she did it! My friends Emma and Ruth stepped forward while other friends stepped back.

I was in the driver's seat of my own healing. My focus was solely on the Therapy and my young son. I had neither time nor energy for anything else. Just obtaining the produce and supplements was a huge task. The Therapy was a major life intervention that provided my body with what it needed so that it could heal and I could do the work on other levels of my being. It increased my options as my ability to pursue and explore support for all aspects of my health grew. It would not have worked so well for me had I not addressed my fears. I attended to my physical self, electromagnetics, energy, emotions, thoughts, beliefs and spirit.

What initially felt barely possible became mundane. I endured physical flare-ups and rode an emotional roller coaster. The first flare-up arrived within weeks of starting the Therapy. Some lasted a day or two, others longer. At times fear, sadness or rage overwhelmed me. Flare-ups initially involved extreme nausea with vomiting and headaches, skin eruptions, unpleasant smells, a metallic taste in my mouth and pain in different parts of my body. Later, old injuries became worse and then disappeared. Various lumps and bumps came and went. Things got worse before they got better. An emotional shock after two years on the Therapy knocked the lid off a Pandora's Box of emotions. At the same time, 1.5cm exit wound opened at the base of a finger and exuded a strange bloody discharge for months. I didn't know why my body chose that location, but consoled myself with the homeopathic principle of healing happening from the inside out and from the top down, with the hands and feet being the

last stop. Metal-coloured liquid oozed visibly from my hands and feet. Metallic splinters emerged. Grey, thickened skin sloughed off my hands. I also experienced microbial and parasitic toxicity associated with heavy metal load and emotional stress. Surgical scars complicated my electromagnetic flows. I became extremely electro-sensitive and eczema on my hands was exacerbated by electromagnetic field (EMF) exposure. The CA125 cancer marker went up and then down. Ultrasound scans showed more and then less endometrial inflammation. I gave them up. My vitamin D3 level plummeted and remained delicate.



Shireen Catterall

Doctors sang the same tune of sterilization. I could not understand what they went on about but it was hard to ignore their words.

We moved to a sunny climate. I doggedly continued with the Therapy and adjusted it as required. When the metal started to emerge through my skin, I returned to the intensive Therapy for months. Everything passed. My health improved gradually. At some point, I lost the fear.

I learned a new paradigm of healing and discovered that the paddle (for the creek) was with me all the time.

Result: Normal uterus, normal blood test results, restored liver and immune system, reduced heavy metal load, and health.

Now, six years later, I enjoy good health and am very active. I stick to the principles of the Therapy and have a few juices and one or two coffee enemas a day. I am guided by an inner knowing and signals from my body. My focus continues to be on aligning all levels of being and living the gift of life. My new normal includes clean and nourishing food and water, to breathe clean air, sound sleep, energizing exercise, time in nature, exposure to sunlight, contact with the ground, effective EMF management, flowing emotions, synchronicity, serendipity, interactions with spectacular people, balance, enjoyment, constructive work, meditation, peace, being, trust and love.

I have learned that cancer is a process. It isn't about the lumps and bumps; it is about the whole system. Healing is a process too. The way to address the message of cancer becomes clear as one listens to the inner wisdom that we all possess. Fear makes listening almost impossible.

I feel very lucky.

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On a Shoestring: The Gerson Patient's Guide to Cost Saving and Fundraising

by Mikhaela Payden-Travers

Calling on all Gerson patients! Please help us help other patients. Share your expert knowledge to help us collect information on how to do the Gerson Therapy on a limited budget.

Following the Therapy takes determination, hard work, energy, and like anything else in life, money. While Gerson clinics are far less expensive than a comparable stay in a traditional hospital, they are still expensive. Unfortunately, insurance companies won't help patients cover the cost of alternative treatment so the financial burden falls entirely on the patient. Most insurance companies will cover the \$11,000 a month that it takes to treat a patient with oral chemotherapy, but they balk at the idea of paying for organic produce or a water filter.

Even for those who decide not to begin treatment at a Gerson clinic, covering the cost of the juicer, organic produce and supplements can seem insurmountable. Every day, our Education Team receives calls from people across the world that want to follow the Therapy but are worried that they won't be able to afford it. As the Development Coordinator, I often receive emails from people asking for help with raising

funds to cover the cost of following the Therapy at home. I found I could give some advice but couldn't provide the more comprehensive support people really needed in order to fundraise successfully. I started thinking about what we could do to make the Therapy more accessible to everyone.

Last year, I was introduced to the concept of *positive deviance*. Positive deviance is the idea that, instead of focusing on the obstacles to success, we need to start focusing on the small percentage of people who *are* managing to succeed despite these obstacles. Thinking about the Therapy through the lens of positive deviance, I remembered incredible stories I had heard from patients who found innovative ways to raise money and cut costs. One gentleman got his local community college to give nursing students credit for coming to juice for him. One woman's friends went on a caving challenge to raise funds. One family worked with local organic farms to receive discounted produce.

The adage "where there's a will, there's a way" seems trite and frustrating when one is struggling, but it holds a lot of truth. Following the Therapy on a

budget is hard, but passively complaining about the costs won't help us move forward. Instead, let's harness our collective power and creativity to focus on what is possible on a budget. **If you're a Gerson patient and you have found a creative way to either cut costs or raise money, please email me – mpaydentraverson@gerson.org. During the coming months, we will be compiling all this knowledge into info graphics and videos about fundraising and cost saving. These resources will be made available for free on our website.**

We'll keep working for the day when our society (and insurance companies) recognize that food is medicine. This packet is an important first step into making the Therapy more accessible. We don't want people to just know there is an alternative treatment option; we want them to be able to do the Therapy.

1 Crowley, Cathleen. "Oral drug costs offer bitter pill: Pills are more costly burden to patients than IV chemotherapy, which advocates want changed" The Times Union. **2011 June 2. Available Online:** <http://www.timesunion.com/local/article/Oral-drug-costs-offer-bitter-pill-1405880.php#ixzz2UcamCP00>



Rachel Hiner, Gerson Institute Board of Directors

by Diane Ake, Editor

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

I first heard about the Gerson Institute in January 2011 when watching the documentary *The Beautiful Truth*. That same year, Team Gerson (the Gerson Institute's running team) happened to sign up for an event I was coordinating, the San Diego Resolution Run. I was extremely excited by this, and offered for them to set up a promotional booth at the event. The entire office participated as a team. After that I began volunteering in the



Rachel Hiner

kitchen and was extremely honored when Anita asked me if I would be interested in applying for an open position on the board of directors.

What interested you in the Gerson Therapy and Gerson Institute?

I was most interested by the strong evidence provided in the documentaries of cases where supposedly hopeless cancer patients were healed! I had never actually heard of any other natural cure with repeatable evidence. I had heard about them in theory but this was more

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(Rachel Hiner... continued from page 4)

tangible, and right here in San Diego. I immediately began spreading the word!

What have you done with the Institute since you became a Board member?

I am a new Board member compared to the others, so I haven't done much yet, but I hope to do a lot more to further the mission and spread the word to people looking for an alternative. I had the idea to start a fundraising committee which I plan to chair and we are starting to look for a few advisory board members to participate on the committee. We would like to provide support to Mika, the development director.

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

I have an opportunity to be part of growing something that can really make a difference for people.

What type of work have you done?

After college I started out working as a food server and bartender. When I finally decided on a career path, it

was to become a naturopathic doctor. I got a job working as a nutritionist assistant. I took the prerequisite classes and was accepted into Southwest College of Naturopathic Medicine. A few weeks before I was scheduled to move to Phoenix to start the program, I decided to take a shot at starting a company called Sun Strides with a friend. We were going to change the world through charity runs! Five years later, I split off on my own and started Sandy Feet Events where my mission is to change the world through coordinating fundraising endurance races.

What hobbies and interests do you have?

My main hobby is urban farming and gardening. I love growing food. We have chickens, goats, bees and ducks right here in the city in Point Loma. I grow vegetables and enjoy learning things like how to make cheese, how to pickle vegetables, and other urban homesteading activities.

Do you have any other comments?

I am so excited to be involved with the Gerson Institute. I really look forward to the future and hope I will be able to find more ways to help the mission.



Ask the Doctor

by Dr. Kayla Smith



Kayla Smith, N.D.

In what situations are clay packs helpful?

Clay packs can be a very helpful ally for someone on the Gerson Therapy. Therapeutic clay has strong absorptive powers and will pull many times its weight in toxins and inflammatory fluids. We recommend using virgin, untreated Montmorillonite clay, which has great therapeutic benefit.

Montmorillonite is also known as bentonite. Clay packs are best suited for the hot, red, painful swellings in joints or around old injuries and scar tissue that can occur during healing reactions. These reactions are the body's immune system healing what never healed properly. It is a good sign that the immune system has the vitality to do this. There can also be a healing inflammation at the tumor site, which can swell and cause pain during healing reactions. Applying a

clay pack to the area can ease the discomfort and pull out some of the fluids and toxins so that they do not enter the body's circulation. Clay packs can also alleviate congestion and spasm in the deep organs, such as the liver, gallbladder or kidneys. For a headache, a pack can be applied to the forehead.

A clay pack is placed over the affected area for 2-3 hours or more until it is dry. It is important to remove the pack without touching the toxin-laden clay. After you dispose of the pack, you can apply another one if needed, either to the same spot or to another area of the body. Since application of clay causes a flow of ions, it is best to apply only one pack in one location to the body at a time. Do not apply a pack over an open wound, but it is alright to pack clay around the opening. For more details about the preparation and application of a clay pack, you can contact our Education Department at info@gerson.org to request our instructional document. *The Clay Cure* by Ran Knishinsky is also a very helpful book about clay, which is available at www.gerson.org/store.



Your Letters

Dear Charlotte,

I am so blessed to have stumbled upon the Gerson Therapy. If it weren't for the Internet and YouTube, I would have never known that such a Therapy ever existed. And

to think that it has been around since 1928, long before I was born in 1984. I want you to know how appreciative we are of you and your father's work. Thanks to Gerson,

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(Your Letters... continued from page 5)

my life will be extended many more happy and healthy years. Discovering the Gerson Therapy is like winning 10 million dollars. Because how can one put a price on health and longevity? Such a thing is priceless. I have never been terminally ill, but I discovered the Gerson Therapy upon many hours of online research since my mother had fallen ill with liver cancer. The information I have found has been beneficial to my mom, my friends, my roommates and me. I am so much healthier and more energetic now. My blood pressure returned to optimal levels; it is the best it has ever been. My depression, chronic fatigue, snoring, and restless leg syndrome have gone and never come back. I am no longer overweight; my BMI has returned to normal. My memory is much clearer and improved. I used to wake up with cotton mouth and now

that is gone. I had a bad rash for a long time and now that is gone, too. I never feel angry, depressed, or worn out despite the fact that I have been working the most frustrating job as a Las Vegas cab driver; pushing 12 hour shifts, five or six days a week these past three years. Gerson has surely changed my life for the better, and I am forever thankful for everything you are doing for us all. You are a modern day saint.

Hope everything is fine and well with you. Be well and take care. The Gerson Therapy has completely changed my life. I only wish that more people would be made aware of this Therapy. I am forever grateful for you and your work.

Sincerely,
Matthew Villamor



Review of *Cancer Healing Odyssey* by Sarto Schickel

by Margaret Straus

The memory of an extraordinary recovery from terminal cancer is vivid in a family touched by such a wonder. This was true for Sarto Schickel. His uncle, William Schickel, is case #18 in Dr. Max Gerson's *A Cancer Therapy - Results of Fifty Cases*. "Uncle Bill," 32, a father of three suffering from advanced retroperitoneal lymphosarcoma, met Dr. Gerson in 1952. Helped by his wife Mary, Bill used the Gerson Therapy, and lived until 2009, passing just before his 90th birthday! By then, Bill's family had expanded to eleven children and many grandchildren. Stephen Kroschel interviewed Bill in the 2006 documentary about the Gerson Therapy, *Dying to Have Known*.

Cancer Healing Odyssey tells the story of Sarto Schickel's Korean wife, Sun Hee. The couple lives in Philadelphia with their two daughters. Suddenly, in 2007, their lives felt shattered when Sun Hee was diagnosed with stage IV ovarian cancer with malignant pleural effusion. This condition is fatal within a year in 80% of the women who are stricken. According to Sarto's research, conventional medicine has not yet cured one case of ovarian cancer with malignant pleural effusion.

But the memory of Uncle Bill gave the family the knowledge that there are other treatment options. After discussing which course to take, Sun Hee decided on an integrative approach. Surgery was planned for several weeks after diagnosis. In the period preceding surgery, she used a modified Gerson program. It was necessary to tap the lung to improve her breathing and the level of fluid was reduced by 2 inches. But then, after only 10 days on the Gerson program, the level dropped a further 1.375 inches without any additional treatment. After surgery, the fluid increased again in the right lung and also appeared in the left. Eventually, after a return to nutritional therapy, the pleural effusion disappeared completely and did not re-accumulate.



CANCER HEALING ODYSSEY

MY WIFE'S REMARKABLE JOURNEY WITH
LOVE, MEDICINE AND NATURAL THERAPIES

SARTO SCHICKEL

Sun Hee, influenced by her regard for conventional oncologists, also received seven treatments of chemotherapy. These treatments weakened her and caused numerous side effects. She was particularly shocked when the oncologist told her that "they would keep giving chemotherapy until the body could no longer take it." (p. 98). She then decided to continue only with diet, detoxification, and mind and spirit healing. She and her husband were impressed with aspects of Macrobiotics and integrated items from that program with the Gerson Therapy. Because of her Eastern upbringing, Sun Hee did not want to forego miso and brown rice, and chose to break with the strict dietary rules on the Gerson Therapy to include these items. However, she thoroughly followed the regimen learned at the

Mexican Gerson clinic, and refused to leave her home in order to ensure adherence to the program.

This interesting and complex story gives a lot of attention to the integrative approach, but one may wonder whether the Gerson Therapy combined with surgery, without the chemotherapy, might have been sufficient for Sun Hee to heal. However, the decision was hers, and she recovered. Her husband's staunch respect for his intelligent and cultivated wife shines through every page.

Sun Hee has passed the five-year survival mark. She is well and present for her family. As Sarto says, "Perhaps it is her Asian work ethic or her classical music training, but she realizes that something great can only be built up from *correct daily practice*. In this case, it is her daily practice of the Gerson Therapy."

Cancer Healing Odyssey by Sarto Schickel is available in the Gerson Institute's store at www.gerson.org/store.



Sprouting Fresh Ideas: Gardening with Gerson

by Kayla Courtney

Spring and summer time is full of beautiful blooms, new sprightly sprouts, and fresh in-season produce to brighten our lives. We think that we need to visit the grocery store or florist to enjoy these beauties, but growing a garden is much more enjoyable, personal and cost-effective. Gardening can offer a great economic benefit for patients on the Gerson Therapy as well. The brightness it can bring, especially to an ill patient, is certainly priceless.

Food scraps from leftover Gerson meals can be composted quickly and then applied to fresh, growing plants. Juice pulp is another great source for the compost bin, because it is rich in many nutrients, even once pressed. Many of the foods used on the Gerson Therapy are selected because of their high nutrient content. Through composting, these high-nutrient scraps help to build a healthy garden. *How to Grow More Vegetables*, by John Jeavons, (available at www.gerson.org/store) offers a splendid second chapter, starting on page 33, describing plants grown purposefully to draw up specific nutrients from deep in the soil, which are then composted and applied to the top soil to prevent depletion.

How to Grow More Vegetables also mentions methods of growing seeds according to the phases of the moon. During certain phases, there is more or less of a pull from the gravity of the moon and night time light which affects the growth of the plants' roots and leaves. When seedlings are started at certain times of the month, these phases can help them develop faster and with stronger root systems to support their new, tender sprouts. The book even talks about how these tiny sprouts may benefit each other by growing together. Some plants with thicker root systems, such as corn, retain soil moisture for plants with less dense root growth, like beans. While others, for example marigolds, act as repellants for insect demolishers of other flora, thus eliminating any need for even organic pesticides.

effect will it cause in our bodies, to the other organisms in the soil, and even to the plants themselves? Thankfully, there are ways to avoid natural pests that are less toxic or irritating, like hot pepper spray, which can be made at home! Let's strive to help heal ourselves and our earth by growing a few delectable veggies or fruits.

Hot Pepper Natural Insect Repellent Spray

This is a great chemical-free way to keep unwanted bugs off your prized produce.

Ingredients:

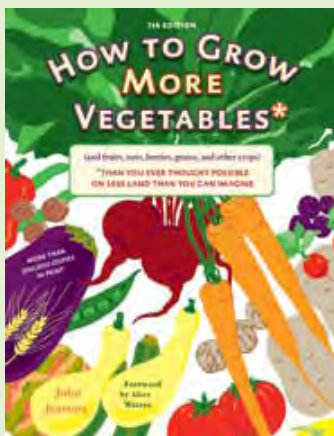
- 1 garlic bulb
- 1 small onion
- 1 tsp powdered cayenne pepper
- 1 quart water
- 1 tbsp liquid castile soap

Directions:

Put garlic and onion in the blender, blend until liquefied. Then add 1 quart of water and 1 tsp of cayenne pepper. Cover the mixture, and let it steep for one hour.

Then, strain the mixture through a cheesecloth and add 1 tbsp castile soap. Put it all into a spray bottle, and spray the mixture on your plants to ward off bugs.

Keep the pepper spray refrigerated, and it will keep for about a week!



As a young child, Dr. Gerson helped his grandmother in her garden. He observed the migration of earthworms from a section of the soil chemically treated with pesticides to the side that was left untreated. Through experimentation, he realized that the living organisms in our soil despise the use of chemical pesticides, herbicides, or fertilizers,

just like humans. If these chemicals cause drastic changes in the behavior of a creature so integral to the growth and health of plant life in our gardens, what more of an



Planned Giving

Have you ever thought of including the Gerson Institute in your estate plan?

With wills, trusts & annuities you can create a legacy to help others. Please contact:

Mikaela Payden-Travers,

Development Associate

mpaydentravers@gerson.org ext. 107

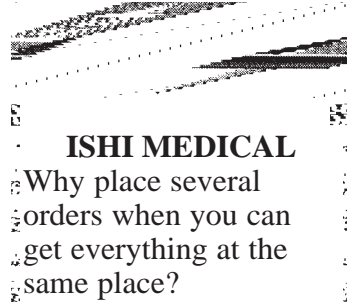
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