

20 Year Recovery from Small Cell Lung Cancer

by Charlotte Gerson

According to the Cancer Treatment Centers of America, small cell lung cancer often spreads quickly, and accounts for less than 20 percent of lung cancers, whereas non-small cell lung cancer usually grows at a slower rate¹. About 20% of limited-stage small cell lung cancer patients who receive conventional treatment live 5 years or longer and only 1-5% of those with extensive-stage small cell lung cancer live five years or longer².

In January of 1993, William Hetzler noted that he was wheezing. He consulted his medical doctor in Baldwin, Long Island, NY. His doctor sent him to a lung specialist. Bill reports, "After a biopsy, they told me and my family doctor that I had small cell lung cancer. Later, after I was healed, (not able to believe that it could be healed), my family doctor told us that perhaps the diagnosis was not as good as it could have been. It is the same old story with those characters!"

"Subsequently, I went to a hospital to have it [the



Hon. William Hetzler

"I thank you Ms. Gerson and your family for extending my very active life."

diagnosis] verified. They sent me to an oncologist in Rockville Centre, Long Island, who was very rude and mean. He told me to come back on Monday to start immediately, and that without chemotherapy I might have 3-4 months survival."

"My cousin, Karl Rubenberger from Oregon said, 'Don't let them kill you,' and recommended instead that I go to the Gerson clinic in Mexico. I went there immediately, arriving at the Gerson clinic in March of 1993." [William was then 55 years old.]

"At the Mexican Gerson hospital in Tijuana I was again x-rayed and diagnosed with the same results. I stayed for three weeks, then went home and continued the therapy very strictly with my wife's help.

"I was quite depressed most of the time but the hope of 'Gerson Healing' made me strong. After about two years, I slowly went on to eating pasta with vegetables, and fruit. For 20 years now I do not eat meat and I also keep my system free of any alcohol and caffeine, as well as other chemical medications.

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In the News – Air Pollution Classified as a Carcinogen

The new International Agency for Research and Cancer's (IARC) Scientific Publication No. 161 entitled *Air Pollution and Cancer* describes

also projected that more than half of the lung cancer deaths attributable to ambient fine particles occurred in China and other East Asian countries.

...both air pollution and 'particulate matter' - a major component of it - would now be classified among its Group 1 human carcinogens.

their new findings from a multidisciplinary panel that included epidemiologists, toxicologists, atmospheric scientists, cancer biologists, and regulators. The IARC estimated that air pollution contributed to 223,000 deaths from lung cancer in 2010. They

Reuters News reported that IARC reviewed thousands of studies on air pollution that tracked populations over decades, as well as other research such as those in which mice exposed to polluted air experienced an increased number of lung tumors.

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"At the beginning of 1996, I started wheezing again and I visited a lung specialist. He recommended operating and removing whatever impeded my breathing. I do *not* think that a tumor was active then. In May, a very prominent surgeon removed part of one lung, and I have been well ever since. I was told that the tumor had shrunk and was no longer active.

"I thank you Ms. Gerson and your family for extending my very active life.

I love working 24/7!"

1 http://www.cancercenter.com/lung-cancer/types/?OVMTc=Broad&site=&creative=24837084201&OVKEY=squamous%20lung%20cancer&url_id=188372051&adpos=1t1&device=c&gclid=CMz29vLbgLsCFdF_Qgod91kAqQ

2 Washington, C. and Leaver, D. 2010. Principles and practice of radiation therapy. P 673. St. Louis, Mo.: Mosby Elsevier.



(In the News – Air Pollution... continued from page 1)

The IARC "said both air pollution and 'particulate matter' - a major component of it - would now be classified among its Group 1 human carcinogens. That ranks them alongside more than 100 other known cancer-causing substances in IARC's Group 1, including asbestos, plutonium, silica dust, ultraviolet radiation and tobacco smoke... Dr. Christopher Wild, director of IARC said at a news briefing that, 'Our conclusion is that this is a leading environmental cause of cancer deaths.'"

The IARC has already classified many chemicals and mixtures that are components of air pollution,

including diesel engine exhaust, solvents, metals and dusts, as cancer-causing substances. "But this is the first time that experts have classified air pollution as a cause of cancer."

<http://www.iarc.fr/en/publications/books/sp161/index.php>

<http://www.reuters.com/article/2013/10/17/us-cancer-pollution-idUSBRE99G0BB20131017>

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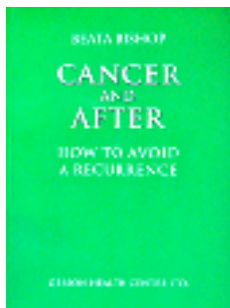
<http://www.reuters.com/article/2013/10/17/us-cancer-pollution-idUSBRE99G0BB20131017>



Cancer and After: How to Avoid a Recurrence

Beata Bishop, a psychotherapist and counselor, wrote *A Time to Heal* in which she describes her life-threatening melanoma and her full recovery on the Gerson Therapy. In addition, Beata co-authored *Healing the Gerson Way* with Charlotte Gerson and also founded the Hungarian Gerson Support Group and British Gerson Support Group.

Beata Bishop recently wrote a 57 page paperback book for cancer patients who have completed their treatment and return home to the same lifestyle and environment in which they became ill. These patients are not given advice on how to introduce the many changes that are indispensable



if they are to be lastingly fit and well; all they are required to do is turn up for periodic checkups. Beata explains how that in itself yields no protection from a recurrence.

This book outlines how a carefully structured program, designed to strengthen and renew the body and soul, is able to ensure complete healing and lasting good health. As, at present, conventional oncology shows no interest in the subject, this little book attempts to provide the necessary information.

Cancer and After: How to Avoid a Recurrence is available in our Gerson store www.gerson.org/store for \$10.95.



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.

How “Clean” are your Cleaning Supplies?

by Diane Ake

As our readers know, the Gerson Therapy is designed to eliminate toxins from the body. Therefore, Gerson patients (and also non-Gerson patients) do not want to add more toxins to their body.

A typical household contains more than 60 hazardous chemicals, which can affect your health. Common culprits include skin, body and hair products, but especially cleaning products. Check your home and eliminate as many contaminants as possible and replace them with non-toxic alternatives.

According to the Environmental Working Group (EWG), “Manufacturers can use nearly any substance they want in cleaning products, even those known to be health or environmental hazards. And they can hide their information about virtually all their ingredients from consumers. It is an unregulated industry that puts hundreds of products with potentially harmful ingredients on the store shelves.”

How to find “clean” cleaning supplies

The Environmental Working Group (EWG) has an online database that rates cleaning supplies: <http://www.ewg.org/guides/cleaners>. You can search their database to find products in their “A” category, defined as having “Few or no known or suspected hazards to health or the environment. Good ingredient disclosure.”

You may not be able to find all of the products that are listed in the EWG database locally, but you can likely find them online. Small companies that don’t reach the major national chain stores may also be reliable sources of home-made products. You may find their products at farmer’s markets, local co-ops, and websites such as www.etsy.com. Amazon.com has lots of inexpensive organic brands. You can research the safety of their individual ingredients on the internet or using the EWG databases. Choose products with a complete list of ingredients.



Don’t bring new toxins in

A Gerson patient should not do any remodeling projects in the home or move to a new home newer than 8 years old while doing the Gerson Therapy, due to the toxins that outgas from fresh paint, cabinets, carpeting and new furniture. If you have pests inside or outside of your home, research non-toxic pest control, such as using orange oil to combat termites or peppermint oil for ants.

mites or peppermint oil for ants.

Recipes for non-toxic cleaning

There are many non-toxic cleaning recipes you can find on-line that you can easily use to make your own cleaning products, such as:

<http://www.womensvoices.org/take-action/green-cleaning-parties/green-cleaning-recipes/>

<http://www.keeperofthehome.org/2011/03/non-toxic-cleaners-you-can-make-at-home.html>

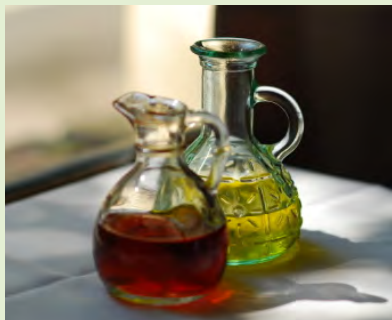
Here are some ideas to get you started:

Vinegar, baking soda and castile soap are some good non-toxic cleaning products.

- Mix water and vinegar to spray on mirrors and windows and wipe them with newspaper, which does not leave streaks.
- Spray pure vinegar onto shower walls to prevent a build-up of soap.
- Clean toilet bowls and seats with pure vinegar, or use baking soda to clean the toilet bowl.
- Mix castile soap with baking soda and add a little water to make a paste to use for general cleaning.



Orange Balsamic Salad Dressing



Delicious over potato salad or green leaf lettuce.

1 tsp. raw honey

Fresh cilantro-small amount

Small piece of red onion

Use all organic Ingredients:

Juice of 1 orange-strained

3 tbsp. flax oil

2 tbsp. apple cider vinegar

1 tbsp. balsamic vinegar

1-2 cloves garlic

1 clove shallot or green onion

Blend in Vita Mix, Bullet or blender until liquid.



Ask the Doctor

by Dr. Kayla Smith



Kayla Smith, N.D.

Can I do the Gerson Therapy if I have a colostomy?

It is possible to do the therapy with a colostomy; however it would be necessary to follow a modified, reduced protocol.

A colostomy is an opening in the abdominal wall through which the end of the large intestine (colon) is brought to form a stoma, an opening that connects a portion of the

body cavity to the outside environment. After a colostomy has been created, the intestines will work just like they did before, except that the colon and rectum beyond the colostomy is disconnected or removed and the anus is no longer the exit for the stool. This type of surgery is usually performed for diseases of the colon, such as tumors or severe diverticulitis.

How to do a coffee enema with a colostomy

A colostomy limits the ability to do coffee enemas. Coffee enemas will work best if the colostomy is in the sigmoid or descending part of the colon and at least half of the colon remains intact. Do coffee enemas with an irrigation kit after the surgery site is well healed and with no other complications. There could be some important reasons why some people should not irrigate, so be sure to consult with your

surgeon or ostomy nurse before using an irrigation kit. The ostomy nurse will fit you with the colostomy irrigation kit and explain how to use it.

It is recommended to do only two coffee enemas a day with the irrigation kit and to start with only 24 oz. of solution (as opposed to the 32 oz. used in a regular coffee enema). This solution should consist of equal parts of coffee and chamomile tea.

Hold or hang the irrigation bag at about 18 inches above the body. You can sit or lie on your right side. Lubricate the cone at the end of the irrigation tube and place it into the stoma. Be careful not to press too firmly. The solution will flow into the colon. It will take about 5 minutes to instill 24 ounces. Hold the solution 10-12 minutes and then release into the drainage bag that comes with the kit.

As we do not recommend that a patient with a colostomy use more than two coffee enemas per day, the patient will have to follow a reduced Gerson Therapy protocol. A patient with a colostomy can follow the regular Gerson diet, but they will need to keep the juices and coffee enemas in balance so that the liver can process the released toxins without a backup into the system. The supplements taken will depend on the level of protocol chosen.



Trans Fats Are Out! FDA Deems Trans Fats Unsafe at Any Level of Consumption

by Ally Bacaj

Good news! This month, the FDA announced that they will be instituting a ban on trans fats, removing them from their list of ingredients that are “generally recognized as safe” (GRAS).

The *New York Times* reported that this “means companies would have to prove that such oils are safe to eat, a high hurdle given that scientific literature overwhelmingly shows the contrary. The Institute of Medicine has concluded that there is no safe level for consumption of them, a conclusion that the F.D.A. cited in its reasoning.” It’s extremely unlikely that companies will be able to find evidence of the safety of trans fats.

By deeming trans fats not safe for consumption, this will prevent food producers from including them in their products.

What are trans fats?

Trans fats are derived from liquid vegetable oils that are treated with hydrogen. This creates a solid substance so that it can be used in foods (often as a cheap butter substitute like margarine). It also acts as a preservative, as it has a very long shelf life.

“...the ban on trans fats could prevent up to 20,000 heart attacks and 7,000 deaths per year.”

Trans fats also contribute to high levels of “bad” cholesterol, raising LDL (low-density lipoprotein) levels while conversely lowering levels of HDL (high-density lipoprotein), the “good” cholesterol. This has been repeatedly proven to be a strong contributor to heart disease, which is the #1 killer in America.

In her book *Healing the Gerson Way*, Charlotte Gerson describes trans fats as a “heart attack in a box,” and adds that, in addition to their effect on cholesterol, “they leave fatty deposits in the arteries, cause digestive

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Peppermint: A Healthy Herbal Tea for the Holidays

by Ally Bacaj

Peppermint is a classic wintry, holiday flavor. During this season when candy canes bedeck gift baskets and Christmas trees, many of us start to crave minty treats. Unfortunately, most of those minty treats are coated in chocolate and absolutely loaded with sugar.

It's easy to forget sometimes that peppermint is actually an *herb*, not a candy—and a healthy one at that!

Peppermint tea is one of the few non-juice drinks permitted on the Gerson Therapy, and for good reason. Peppermint tea soothes the stomach, and helps relieve nausea, digestive discomfort and gas.

Because of its soothing properties, peppermint tea is more than just a tasty warm drink. It also has an important therapeutic role in the Gerson Therapy.

When Gerson patients experience flare-ups and healing reactions that cause digestive distress, nausea and vomiting, they are encouraged to drink as much peppermint tea as possible. In cases where patients are vomiting and unable to stomach the juices, the peppermint tea does a double-duty: it provides the patient with the necessary fluids to prevent dehydration, and at the same time works to settle the stomach.*

If you want to make your own fresh peppermint tea, peppermint is quite easy to grow in your garden, a pot, or even in your windowsill. Just boil the fresh leaves in distilled water, let it steep for about 12-15 minutes, and then strain it into your cup. One heaping tablespoon of fresh peppermint leaves will make one cup of tea. If you're making a few cups at once, the ratio of water to leaves should be 1 tbsp mint for every 1 cup of water.

You can also buy organic peppermint tea at most health food stores, either loose or in bags. Just add boiling distilled water, and let it steep.

Voilà! A warm, minty mug of holiday cheer!



(Transfats Are Out!... continued from page 4)

disorders and reduce the absorption rate of essential vitamins and minerals.”

Somewhat ironically, trans fats were at one point advertised as a healthy alternative to saturated fats—remember when margarine was heavily touted as the “healthy” alternative to butter?

Now, the FDA states that “trans fat provides no known health benefit and that there is no safe level of consumption of artificial trans fat.”

Where are trans fats found?

Junk food, mostly. Trans fats are found in things like donuts, stick margarine, French fries and other fried foods, snack foods, crackers, frozen dinners, chips, non-dairy creamers and other foods that you probably already know aren't good for you. On food labels, you will often find trans fats under the name of “partially hydrogenated vegetable oils” (such as soybean oil, cottonseed oil, palm oil, etc) and they are also sometimes referred to as “trans fatty acids.”

Fortunately, as the evidence has mounted over the years and public outcry has given trans fats such a (deservedly) bad rap, many major companies have already gone ahead and removed trans fats from their products. Now, they tout their trans fat-free foods as a selling point to make their brands appear more health-conscious.

It has yet to be determined how soon this ban will go into effect, but if you want to avoid ingestion of trans fats in the meantime, read labels, avoid processed foods and

stick to an organic diet consisting of fresh whole foods, fruits and vegetables. Think kale chips, not potato chips.

Why does it matter?



If you're not a junk food junkie and aren't eating foods that contain trans fats, this might not affect you much personally. On the Gerson Therapy, fat consumption is restricted to flax oil, and processed foods are totally eliminated, so thankfully there was no risk of Gerson patients ingesting these hazardous substances.

But, the implications for public health could be huge. The FDA estimates that the ban on trans fats could prevent up to 20,000 heart attacks and 7,000 deaths per year. This is absolutely a step in the right direction!

The FDA hasn't removed a food from the GRAS list in decades—not since 1969, to be exact. We hope that this decision will encourage the FDA to take a closer look at other potentially hazardous ingredients lurking in our food supply, such as artificial sweeteners, GMOs, high fructose corn syrup and other artificial additives.



Run for Real Healing

by Mikhaela Payden-Travers

You've probably heard of Susan G. Komen's *Race for the Cure*, right? Part of me loves the idea – thousands of people across the country, each getting in shape, spreading the message, and raising money in their local communities.

But there are things I *don't* love about *Race for the Cure*. My problem main problem? The millions of dollars raised by runners are mostly given to fund research that ignores holistic treatments and focuses predominantly on the creation of new pharmaceuticals. Most allopathic medical research focuses narrowly on the specific symptoms of disease, while ignoring the imbalances in the body that cause the disease. It's quite the opposite of the Gerson approach, which

treats the root causes of disease — toxicity and nutritional deficiency.

So, we decided to do our own version of the race model and do the **Run for Real Healing!** On October 20, 2013, a team of fourteen runners braved the chilly morning weather to take part in the Temecula Half-Marathon (13.1 miles) and 5k (3.2 miles).

Thanks to the passion and dedication of Amanda Onken, Team Gerson's coach (and the Institute's Medical Assistant/Patient Follow-up Coordinator), Team Gerson was born. For the last two years, Team Gerson was composed primarily of the Gerson Institute's staff and friends. When the opportunity to create a more formal team came up, I was hesitant, even though it was just for a local race. I was unsure. After all, we aren't Susan G Komen. The Gerson Institute is tiny by comparison, and we have nowhere near the resources, finances, or manpower available to do the kinds of massive

events they put on. But we added new team members, and the run was a success!

Although I don't agree with the approach to cancer research that many cause-based runs take, one thing I do like is that they create a structure that



“Weaving action, outreach and fundraising together allows people to connect, spread the word and generate revenue simultaneously.”

allows people to benefit themselves, raise awareness, and support a cause all at the same time. As a nonprofit organization, the Institute depends on the generosity of our supporters, and I am grateful for the many people who feel a deep enough connection to Gerson to make an online donation or send a check through the mail. However, many people want to give in a way that helps them feel directly involved in the work of an organization. Weaving action, outreach and fundraising together allows people to connect, spread the word and generate revenue simultaneously. And we wanted to offer you the same opportunity – a chance to connect to Gerson on a deeper level.

Although we aren't big enough

to organize runs in other cities, that doesn't mean you can't do a **Run for Real Healing!** You can enter your local city half-marathon and create a **Run for Real Healing** fundraising page on **GoFundMe.com**, **Crowdrise.com**, or any other online fundraising sites to support the Institute. For running jerseys and tips on how to fundraise for a run, please contact me, Mika, at mpaydentraverson@gerson.org.

Important note for Gerson patients:

A patient who is on the Gerson Therapy to treat a serious condition is not permitted to run or do any other kind of strenuous exercise. The Gerson Therapy works hard to restore the body's immune system, and the healing process takes a great deal of

energy. Exercise can be depleting for a patient on the Gerson Therapy and can impede the body's ability to heal. That's not to say that all physical activity is prohibited, just exercise that can be exhausting, depleting, or cause you to sweat heavily and cause electrolyte imbalances. Recommended exercises for the Gerson Therapy include using a rebounder, walking, and doing gentle (non-heated) yoga and stretching exercises.

My apologies if I got any Gerson patients excited about running again. But even if you can't partake in a run yourself, you can always pass this on to a friend or family member to encourage them to take up running, and specifically running for the Gerson cause!



Your Letters

Thank you so much for your information.

I'm very grateful for everything the Gerson Institute stands for and promotes. My family and I have learned so much from the documentaries and information that is out there. I tell everyone I know about the health benefits of the Gerson Therapy. With today's state of the food supply we may not all have cancer or chronic or terminal illness but we are all dis-eased if we have ever followed the SAD (Standard American Diet).

Thank you for everything that YOU do, and I pray that the Gerson Institute's word is received well by all that hear about it.

Take care and God Bless!

Kristi Prichard



Cooking Class

Diane,

Thank you so much for offering a glimpse of Gerson to us. I learned so much this past week. I learned cooking and a few things about myself as well. Eric and Jen are simply amazing.

I'm looking forward to next month and being a regular volunteer.

Leza Heed



Hello Diane and the Gerson Family!

The week I spent in your loving kitchen was an experience of a lifetime. Love usually starts in the kitchen anyway, and Jen and Eric are true inspirations. We all worked together as a solid strong team. It is true that you can taste the difference when people love doing what they do.

I was fortunate to meet the most interesting people with stories and health testimonials that I will carry in my heart forever.

The Gerson Institute will be passed along to the many hundreds of people I interact with every day in Las Vegas. I am so pleased to be a part of your strong family of hard working people doing anything they can to pass the message of HOPE.

May you all enjoy the blessings that come with all of the hard work spent.

Thank you, Diane for taking the time to sit down with the volunteers!

Best Regards,

Suzy



Welcome to Our New Finance Coordinator



Stephanie Raddatz takes on our newly created position of Finance Coordinator, which includes accounting, internal controls, Human Resources and database work.

"Stephanie brings rich experience in business administration, bookkeeping and payroll, balanced with her education and interest in art. This will further increase and maintain our capacity for solid fiscal and administrative management, resulting in program enhancement."

– Anita Wilson, Executive Director

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*

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Gerson Therapy Workshops, Lectures & Events, 2014

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Date & Time	Event	Location	Speaker	Contact Information
January 18 - 31 February 15 - 28 March 22 - April 4	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.
February 1 March 1	Gerson Cooking and Juicing Intensive Class	San Diego, CA	Anna Maria Aliano, Eric Freeman, Carol Beard	To apply, go to http://gerson.org/gerpress/gerson-cooking-class-registration/ or contact Anna Maria Aliano at aaliano@gerson.org or (888) 443-7766
January 13-19	Charlotte Gerson Health Restoration Session	Charlotte Gerson Health Restoration Center, San Diego, CA	Dr. Kayla Smith ND; Carol Beard	Check our website at www.gerson.org for price and details.
February 20-22	Gerson Basics Workshop – Now available in Live Stream and On Demand	San Diego, CA	Dr. Kayla Smith, ND; Carol Beard; Silvana Procopio	To apply, go to http://gerson.org/gerpress/gerson-basics-workshop and contact Barb Conde at the GI for further questions and cost: (888) 443-7766 or (619) 685-5353, or email: bconde@gerson.org
May 2014, dates TBA	Licensed Health Care Practitioner's Training, Module I	San Diego, CA	Kayla Smith, ND and other Gerson experts	To apply, go to http://gerson.org/gerpress/practitioner-training
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