



# HEALING

## NEWSLETTER

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## Is Fluoridated Toothpaste Safe for Kids?

*FDA Requires  
Labeling as "Poison"*

By Charlotte Gerson

On Monday, June 16, 1997, an important article appeared in the Washington Post. It caught the attention of one of our readers who kindly provided me with a copy. I am grateful for such items since they don't often appear in all papers and all our readers should be informed about these items.

The article is written by Post staff writer, Don Oldenburg and I am quoting freely from it.

Don starts appropriately by telling the story of Molly who, when using her regular toothpaste, noticed a legend on the tube, warning that this contained 'poison'. Molly asked her father if this toothpaste was poison, and he reassured her it wasn't. But then she showed him the warning: "If you accidentally swallow more than used for brushing, seek professional

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## The Council Against Health Frauds Speaks:

*Alternative Therapies may Eventually Become Mainstream*

By Charlotte Gerson

On June 26 and 27, 1997, a meeting took place of the 'Council Against Health Fraud' in Dallas, Texas. This group, an arm of the AMA, was specially organized some years ago to wipe out 'alternative Therapies'.

A friend and supporter of the Gerson Institute supplied us with a copy of the proceedings of the meeting, entitled: "A National Conference to Explore Practical Solutions" (that is, solutions toward preventing health-care fraud). Since this document has some 50 pages, obviously I cannot reproduce it here in its entirety. However, we need to look at some new ideas that have been introduced by this council.

The agenda starts with an outline of actions, including directions for reviewing and evaluating 'questionable' treatments, and recommendations to various state medical boards to regulate and discipline physicians who engage in "unsafe and/or deceptive practices." One reason for the meeting and recommendations was given as "the proliferation of uncon-

ventional and unproven medical practices and promotions in the United States." Here, for the first time, we see the following statement, (Under Section VIII: Conclusion): "It may be recognized that some alternative therapies may be beneficial and therefore warrant further investigation and possible integration into mainstream medical practice." The report continues, however, that these alternative treatments must be evaluated with scientific evidence and clinical validation. It is most interesting to note that at the very start of the conclusions given, is the statement that "It is estimated that, in 1990, Americans made 425 million visits to providers of 'unconventional' medicine, exceeding the number of visits to all US primary care physicians at a cost of approximately \$13.7 billion." But the additional estimate is that up to \$100 billion is lost to health care fraud in the US annually. I fail to reconcile these numbers since apparently the 425 million visits cost the public \$13.7 billion

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# Chip White Moves On

After several years of valuable contributions to the Gerson Institute and most recently, the Gerson Healing Center in Sedona, Arizona, Chip White is leaving to pursue other interests.

He will continue to serve on the Gerson Institute Board of Directors.

Some of the many contributions he has made include: initiation of the Physicians' Training Program, expansion of the Institute's Client Services

Department, increased public awareness about the Gerson Therapy through writing, outreach, speaking and public relations activities, fund-raising and, most recently, Chip played a key role in the initiation of the Sedona Gerson Healing Center.

We wish to express our gratitude for all Chip has contributed and he has our best wishes for a successful and fulfilling future.



## Dear Charlotte,

In the name of a new regular feature to begin with our next issue of the Gerson Healing Newsletter, you will now be able to read Charlotte Gerson's responses to some of the questions she is asked about the Gerson Therapy, and health in general.

We hope you'll enjoy this informative new feature. Your letters and support are always welcome.

# Melanoma Overcome Again:

## Norman Piersma Shares his Story

By Charlotte Gerson

We are always happy to hear from our former patients and when their stories are valuable and helpful to others, we feel that we have to share the news.

In Volume 9, #2 (July/August 1994) of our Newsletter, we published the story of Norman Piersma and his recovery from Melanoma. We have a follow up at this time. This is his letter.

"It was May 1991. The Oncologist, Raymond Lord of the Borgess Medical Center of Kalamazoo, MI, looked at me and said, 'I've treated several cases like yours (metastatic

melanoma) and lost them all.' Then he proposed an experimental treatment that could possibly extend my life from the 6 month prognosis to as much as nine months. I was not impressed. The material I had just received from the Gerson Institute looked promising.

"It all started with a mole on my back that began to bleed. I made an appointment with a skin cancer specialist, Richard Ferderspiel October 23, 1990. I pleaded with him to excise a small area with the 5mm mole in the center rather than do a biopsy. I'm a Veterinarian and am aware of the danger of cancer cells getting into the lymph and blood if the lesion is cut into. Dr. Ferderspiel objected because (1) it would not be following 'the book' and (2) he was sure it was not melanoma.

"But it was melanoma! So, following the 'book' once again, a huge area of skin was removed from my back on October 30, 1990 at the Berrien General Hospital in Michigan. This great expense and pain was all in vain since what I thought before could happen did happen. At the time of biopsy some cancer cells did get into the lymph circulatory system. One or more of these cells were trapped in a right axillary node. On April 7, 1991, on a routine examination, we discovered the enlarged node. Two days later, using local anesthesia, Dr.

Robert Schindler removed the gland, cut it in two so I could see the black color and thus know that it was the dreaded melanoma. Where in my body would the next tumor appear?

God moves in mysterious ways. His wonders to perform. I received a letter from the widow of a fellow missionary acquaintance, my age, who after serving his whole life in Africa, returned to the USA for treatment of metastatic melanoma. He submitted to all the conventional treatments and they buried him five months later. This convinced me that prospects in Tijuana, Mexico, looked much brighter.

"We arrived at the hospital in Tijuana on May 7, 1991. We stayed (my wife Donna accompanied me) for two weeks doing the natural therapy and learning how we would continue it for the next 18 months. We learned that the Gerson Therapy is not a treatment for specific diseases but

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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 \$25.00 or more (foreign memberships \$30.00) to The Gerson Institute.

## GERSON HEALING NEWSLETTER

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# Fluoride...

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help or contact a poison control center immediately." The father was amazed and, the article states: Molly was 'confused about the safety of toothpaste and about the truth of poison labels.' I frankly don't think the situation is confusing—on the contrary, it is very clear! It is stated that the warning is required by the FDA as of April 7, '97 on all fluoride toothpastes and dental care products shipped. Further, there is an additional warning—even though the fluoridated

**As of April 7, 1997, the FDA has mandated that toothpastes containing fluoride have a warning label printed on the tube.**

dated toothpaste carries the seal of approval of the American Dental Association— "Don't Swallow—Use only a pea-sized amount for children under six." and "Children under six should be supervised while brushing with any toothpaste to prevent swallowing." The problem is that, apparently, kids under six just don't spit out toothpaste, especially since it is agreeably flavored—and they tend to use too much, according to a study done in 1995 at the Medical College of the Georgia School of Dentistry. The clear implication is that these kids are being poisoned. Additionally, in areas where the drinking water already contains fluoride, brushing more than once daily with more than a pea-sized amount of fluoridated toothpaste causes most of the cases of fluorosis, a discoloration and spotting of the teeth aside from the danger of too much fluoride being ingested.

Regina Miskewitz of the laboratories of Church & Dwight Co., Inc. makers of Arm & Hammer products (including fluoridated toothpaste) says that "when I receive the fluoride here, it has a skull and crossbones on it." She

# From The Convention Circuit

*A Return to Seattle*

By Charlotte Gerson

It had been quite a long time since we last visited Seattle and did a convention there. So it was a special pleasure to spend a day at the Seattle Pacific University on May 17th to talk to the audience and meet many of our old friends.

The campus of the Seattle Pacific University is especially beautiful at this time of year. The huge rhododendrons are in brilliant color, and there are flowering bushes and trees everywhere. The irises and poppies are larger than I have ever seen and brightly colored; and everywhere forsythias brighten the gardens and entrances to homes. Coming from southern California, the wonderful enormously tall trees, including the blood beeches, are a joy to contemplate. We just don't have enough water for such exuberance.

Already in a happy mood, we enjoyed meeting some of our former patients, now recovered healthy, happy people. We saw Sharon Lamar, in a brightly colored blouse, smiling and happy, telling the story of her recovery from a particularly aggressive non-Hodgkins Lymphoma. (See her whole report in our next issue of *The Healing Newsletter*.) She introduced me to her daughter, a charming young lady whom I had not met before. Her mother, who had been her companion at the Mexican Hospital when Sharon was ill, also attended, looking well and happy.

Then we met Al Shaefer. I had originally met Al when he was heading the IACVF (International Association of Cancer Victors and Friends) in Fort Lauderdale, Florida many years ago. But Al then moved to Washington. He told us how he had suffered from colon cancer and used the Gerson

Therapy to recover. His first wife had suffered from breast cancer and had been treated with chemotherapy before Al was aware of alternative treatments. Unfortunately, she did not win her battle. But he used the Gerson Therapy and now, many years later, is well. Al also videotaped the session so that people could purchase the tape of that day's proceedings: the lecture and patient presentations followed by the afternoon workshop. A week later he tells me that he has been busy copying the videotape for the many people who wanted their own copy.

Last, but not least, Lynn Bittner von Schneidau testified. Her complete story is told in our *Healing Newsletter*, Vol. 11, No. 2. She had been struggling with endometriosis and had been in so much acute pain for so long that her doctors at Scripps Hospital in San Diego suggested cutting the nerve to the area. This would have led to serious damage including incontinence, and she refused. It took some time before she was ready to try the Gerson Therapy. After she started the Therapy at the Mexican Hospital, most of her excruciating pain was gone in just two weeks. Also, she did not have the mutilating surgery to remove her female organs at the ripe old age of 26. Instead, with her mother's devoted help, she recovered completely, got married, and now has three darling children, two boys and a very pretty little girl—who all came up to say hello. She is also studying at the Bastyr College of Naturopathic Medicine. It is hard to imagine how she manages the three lively little ones and her studies, too. Some of the credit will have to go to the Gerson Therapy.

is the director of research and development for oral and personal care [products]. "Small amounts of this material (for children) go a long way in causing disruption in their bodies because they are so small. ...We are altering the body when we brush our teeth with a fluoride toothpaste or

gel. Ms. Miskewitz continues: "If a child was to take a big spoonful of this fluoride [toothpaste], I don't think he could swallow it, but if he did get it down, it is a poison and the child could die."

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# Council Against Health Fraud Speaks

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but the health industry lost \$100 billion? Does this mean that the 'mainstream' physicians just charge about 7 times more?

There are other questions. John Renner, MD, a board member of the National Council Against Health Fraud, proposed the following: "Proven products and services are those that have been scientifically tested, optimally through controlled clinical trials and double-blind studies, and found to be both safe and effective for the specific condition for which their use is proposed."

The question here is: why have chemotherapy drugs, in the more than 25 years they have been in use, never been submitted to double-blind studies? They are still described as 'experimental'. And are they really safe? Often, too, they are used for specific cancers and are found not to be 'effective'. In the pharmaceutical guide for physicians, the PDR (Physicians Desk Reference book)

which lists all drugs, their effects and dangers, the list of side effects of many chemotherapy drugs is lengthy, and includes bone marrow depression, as well as in some cases, the drugs cause cancer! [quote from Ralph Moss' book.]

There is also a problem with 'double-blind studies' when it comes to the

**Why have chemotherapy drugs, in the more than 25 years they have been in use, never been submitted to double-blind studies?**

Gerson Therapy. How could patients know or not know whether they are getting carrot juice and green juice - or whether or not they are getting coffee enemas? Of course, when it comes to 'clinical studies', those are more than plentiful for Gerson patients.

There are, in the understanding of the members of the Council various reasons for the public to search out 'alternative' treatments. E.W. Campion, in an editorial in the New England Journal of Medicine of 1993, entitled: "Why Unconventional Medicine", cites several reasons why the public is

more and more interested in unconventional medicine. Among them is disaffection with traditional care, "fueled by media accounts of medical misadventures (!) and uncaring managed care institutions; alternative practitioners often give people more time and attention, ... and people want to feel in control of their bodies; and most of all, they want to feel well."

The report gives various conflicting numbers of patients, especially those suffering from cancer, seeking alternative medicine. The numbers range from 9% to about 50%. Then an author named R. Buckman, in a book titled "Magic or Medicine" (Prometheus Books, New York 1995) gives some of the old 'explanations' why people recover on alternative medicine: Misdiagnosis and lack of original data; falsification or misinterpretation of documents by the healer, remission which is 'wrongly attributed to alternative treatment'. But he does propose that, since enough questions have been raised about alternative methods, "further investigation is desirable in order to answer the essential question: do these methods merely make one feel better or do they really help one get better?"

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## Chemo Drugs Toxic to Nurses and Pharmacists

By Charlotte Gerson

In JAMA (Journal of the American Medical Association) dated January 1, 1982 (!), under the heading "Medical News", there appeared a report about tests done on hospital personnel who handle 'anti-cancer drugs' that may cause them 'cancer risks'.

The article starts by saying "Although many antineoplastic (chemotherapy) drugs also are documented carcinogens, their therapeutic benefits usually far outweigh the potential risks to patients with cancer. But a recent study demonstrates that an unjustified hazard exists for another population exposed to chemotherapeutic agents—the hospital personnel who prepare them."

There follows a technical description of the specific urine tests done and the effects of the drugs on the handlers' urine. Nine pharmacists worked six consecutive days preparing (reconstituting) chemotherapy doses in horizontal laminar flow hoods which blow filtered air across the work surfaces and toward those persons working in them. The drugs included doxorubicin and cyclophosphamide and others. After day one, the urine samples collected showed an increasingly elevated mutation rate that became significant (twice the spontaneous rate) on days 4 to 7. "Our conclusions from this study are that we should be concerned about the potential for mutation caused by exposure to these drugs."

"In another phase of the study, the pharmacists donned masks approved by the Occupational Safety and Health Administration for use with aerosolized compounds to alleviate exposure to drugs during preparation, but with little success. Protecting the pharmacists hands with disposable gloves also did not decrease the muta-

tion rates induced according to the urine samples. (!)

Only after pharmacists reconstituted the drugs in flow hoods did the mutation rates return to background levels. In response to these findings, M.D. Anderson Hospital acquired several flow hoods and began to segregate unused chemotherapeutic drugs, syringes, needles and intravenous tubing as hazardous wastes to be incinerated."

"Interest in performing these studies arose from several previous investigations that had suggested that workers exposed to anti-cancer drugs may suffer untold effects. Two cytological studies of Scandinavian nurses who handled cytotoxic drugs found an increased frequency of 'sister chromatic exchanges'. In another study, a chemotherapy nurse reported dizziness, light headedness, nausea, headache, hair loss and cough in nurses who reconstituted the drugs in a small unventilated closet. (Natl. IV Ther Assoc. 1980:377)"

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# From the Mailbag...

## No More Lithium

Two recent letters gave us particular pride in the past several weeks, and we share them with you here.

June 12, 1997

"My husband injured his leg five years ago and is still suffering very much. At that time, he was told that he has Lyme disease and was given medicine. A few years ago, a Western medicine doctor told him he does not have Lyme disease, so he stopped taking medicine.

Around December 1996, he was told he has prostate cancer. We tried low fat, low salt, lots of tomato juice, lots of fruit and vegetables. His prostate blood count [sic. We assume she means PSA] lowered to half around April.

Recently, I finally borrowed your fathers book, *A Cancer Therapy*. I read and followed as much as possible. Since I have depression and am taking Lithium, two tablets a day, I tried coffee enemas for six days. It was good, but my husband said it might damage my liver or colon, so I had to quit until I saw my doctor. I told my doctor about it and he didn't object about coffee enemas [but said] not to quit taking Lithium tablets even though he didn't know about the effect.

Since I took the coffee enemas, I felt so good, so energetic, I don't get tired like before and get up early after I sleep well. I never felt better in my life. I stopped my Lithium and all the vitamin tablets. Instead I eat and drink lots of juice, special soup and

avoid processed foods.

Please let me know about coffee enemas' history, why it works, why coffee instead of other things. Does it harm the body?

Thank you very much. God bless you and help you in your important work. I am feeling great with detoxification - it is one of the greatest things that happened in my life."

(signed H.H. San Francisco)

and another one:

Dear Charlotte,

After we met last summer, I followed the Gerson diet and found my way to better health, physically, mentally, and spiritually. ...With the concurrence (although at first he was somewhat discouraging) from my psychiatrist, I am now lithium free after several years of mood swings. I have not had any re-occurrences except for normal highs and lows from everyday living. Dr. L. is interested in learning more about the Gerson process. I would appreciate your sending me a marketing package I could give him.

When I met you, I asked if I could participate in fund development activities for the Institute. You told me to first get healthy. I think I am ready. (Signed) DW. Rochester, NY)



### Support the future!

Consider a donation or bequest to the Gerson Institute. Your tax-deductible contributions are always welcome.

## Chemotherapy...

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Maj. James Wilson of the hematology-oncology service at Walter Reed Army Medical Center in Washington, D.C. warned that "we stress aseptic technique in the manipulation of these

drugs. Touch contamination is definitely the most important thing to consider. I can't stress enough—don't come into physical contact with the drugs. I've seen doctors, nurses and pharmacists slop the drugs all over themselves."

"Adriamycin [doxorubicin] binds to

## More Kudos for the Lowly Coffee Bean

By Charlotte Gerson

In the same issue of *JAMA* as the 'Chemotherapy' article, (*Journal of the American Medical Association*, Jan. 1, 1982 - Vol. 247, No. 1) there is an intriguing report about using green coffee beans to change Type B red blood cells into Type O (the most common type). This would eliminate the danger to the recipient of unmatched blood used in transfusions. The author of the report is Virginia Snodgrass Cowart.

Jack Goldstein, Ph.D., of the New York Blood Center presented the results of his group's work in changing type B cells, turning them into type O cells. In order to achieve this result, an enzyme from green coffee beans was used to remove a sugar molecule from the surface of type B cells, turning them into type O cells. Goldstein stated that the use of this enzyme in various studies dated back to the 1950's. "It was a matter of developing the proper conditions for removal of the antigen from the red cell."

"After using the converted blood on gibbons to determine how it would behave in an animal and finding that it was feasible, human type B red blood cells were enzymatically converted to type O. 1 ml (cc) of blood was given to each of three normal human volunteers."

"According to Goldstein, the labeled cells survived normally in the circulation of all three volunteers who were of blood groups A, B, and O. The next step in testing these converted blood samples would be to give repeated doses of the converted blood and see if antibodies develop."

If the procedure worked well, it would solve a "perennial blood bank problem of not having enough of the right type of blood on hand to fill the need."

Perhaps there were no additional tests done or maybe they failed. I am not aware that the procedure is being used at this time.

proteins on the skin and can't be washed off," Wilson continued. "It also fluoresces so that under an Ultraviolet light you can see that it is still present." Wilson added that he ordered vertical hoods two years ago, which should arrive soon.



# Editor's Corner

*More on our Last Issue*

By Everett Doner

Many of our readers commented on the different layout of our last issue celebrating Charlotte's Birthday and the official grand opening of the Gerson Center at Sedona. While our decision was a last minute one, we hope that you enjoyed the accounts and pictures.

Originally, we had planned a very small story combining both events, without photographs, combined with more usual articles found normally within these pages. Just before we went to press with what would have been a rather bland edition, a number of the staff gathered and discussed the potential of an expanded series of articles about the two events, and we leapt into action. Andrew Printer, Development Co-ordinator and the birthday party planner, began to

assemble pictures, common themes, and anecdotes for the edition. Susan DeSimone was drafted and asked to write the account of the birthday celebrations, and her wonderful account surpassed what had been planned. We also quickly expanded our writings on the Sedona opening, procuring the photos from the staff, and incorporated them into the issue.

It was our hope that the issue would serve several purposes. Most importantly, we hoped to give the many people that could not attend either event a good idea of the fun and festivities that took place, and we hope that the accounts helped your mind's eye see our events more clearly.

Charlotte and I had the honor of attending and speaking at the 1997 National Health Federation Expo a few weekends ago. I'm always amazed at the response we get at such shows; from long-time supporters paying us a visit, to new persons just learning about alternative healthcare and nutrition. It's always fantastic to

meet new people who have successfully used the therapy on their own. Some of our most amazing patients come to our attention simply by showing up and presenting themselves. We see them healthy and happy, at our booth or in a lecture, and we thank them for introducing themselves to us.

We owe a hearty round of thanks to Roger Middleton, a recovered prostate cancer patient who was kind enough to help us during our stay. With the busy pace we had to maintain in Chicago, Roger was an invaluable help. From selling books to talking with patients, to offering testimonials at our lectures, he greatly added his experiences and knowledge. It was especially nice to have a recovered patient there to answer questions from those about to embark on the Gerson Therapy themselves.

All in all, it was a very successful weekend (Stay tuned for Charlotte's account in the next issue). A round of thanks to all the interested people we met, and the intelligent questions we encountered.

## Fluoride...

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The makers of fluoridated toothpaste feel that the alternative to this toxic substance is that kids won't brush their teeth at all. What about toothpaste free of these additives?

Admittedly, that is no longer easy to find, but it is available.

The makers of fluoridated toothpastes as well as the promoters of fluoridated water still claim that cavity-prevention has been 'demonstrated'. Dr. John Yiamouyiannis together with Dr. Dean Burke of the NIH have disproved this notion to the satisfaction of a Pittsburgh court. (See the book "Fluoride - the Aging Factor. Available from the Gerson Institute")

Dr. Yiamouyiannis quotes from the following sources:

"According to the handbook, Clinical toxicology of Commercial Products, fluoride is more poisonous than lead and just slightly less poisonous than arsenic.

"From 1990 to 1992, the Journal of the American Medical Association

published three separate articles linking increased hip fracture rates to fluoride in the water.

"A study by Proctor & Gamble showed that as little as half the amount of fluoride used to fluoridate public water supplies resulted in a sizable and significant increase in genetic damage.

"The Argonne National Laboratory confirmed that fluoride is capable of transforming normal cells into cancer cells.

"The research of Dr. Dean Burke, former Chief Chemist of the National Cancer Institute, showed that 10,000 or more fluoridation-linked cancer deaths occur yearly in the United States.

"In the largest U.S. study on fluoridation and tooth decay (1993) United States Public Health Service dental records of over 39,000 schoolchildren, ages 5-17, from 84 areas showed that the number of decayed, missing and filled permanent teeth per child was virtually the same in fluoridated and non-fluoridated areas.

"Dr. John Colquhoun, former Chief Dental Officer of the Dept. of Health for Auckland, New Zealand, investigated tooth decay studies from about

60,000 12-13 year old children and showed that fluoridation had no significant effect on the decay rate of permanent teeth.

"The October 1987 issue of the Journal of the Canadian Dental Association reported that a survey in British Columbia with only 11% of the population using fluoridated water had lower average tooth decay rates than provinces with 40-70% of the population drinking fluoridated water, and school districts recently reported the highest cavity-free rates in the province were totally unfluoridated.

"In 1993, the Subcommittee on Health Effects of Ingested Fluoride of the National Research Council admitted that 8-51% and sometimes up to 80% of the children living in areas fluoridated with the amount of fluoride recommended by promoters of fluoridation have dental fluorosis (fluoride poisoning)."

## Gerson Vendor Network

See page 9 for a list of vendors who supply items essential to the Gerson Therapy...

# Toxic Waste use as Fertilizer on Farms Reported

from the Associated Press

(This article appeared on July 7th 1997 in the Los Angeles Times, and is so important that we reproduce it in its entirety)

"Seattle—Toxic heavy metals, chemicals and radioactive wastes are being recycled as fertilizer and spread over farmers' fields nationwide—and there is no federal law requiring that they be listed as ingredients, the Seattle Times reported.

"The issue came to light in the central Washington town of Quincy, population 4,000, when Mayor Patty Martin led an investigation by local farmers concerned about poor yield and sickly cattle.

"It's really unbelievable what's happening, but it's true," Martin told the newspaper which published a series about the practice on Thursday and Friday. Until now, the state Department of Agriculture sampled fertilizers only to see if they contained advertised levels of beneficial substances.

"But the state is currently testing a cross-section of fertilizer products to see if they threaten crops, livestock or people," the Seattle Post-Intelligencer reported Friday. "The key question is what 'toxins' are, as it were, along for the ride in fertilizers," said Tom Fitzsimmons, director of the state Department of Ecology.

Use of industrial waste as a fertilizer ingredient is a growing national phenomenon, the Times reported. In Gore, Okla., a uranium-processing plant gets rid of low-level radioactive waste by licensing it as a liquid fertilizer and spraying it over 9,000 acres of grazing land. (1) At Camas, Wash., lead-laced waste from a pulp mill is hauled to farms and spread over crops destined for livestock feed. In Moxee City, Wash., dark powder from two Oregon steel mills is poured from rail cars into silos at Bay Zinc Co. under a federal hazardous waste storage permit. Then it is emptied from the silos for use as fertilizer. The

newspaper calls the powder a toxic byproduct of steel-making but did not identify it.

"When it goes into our silo, it's hazardous waste," said Bay Zinc president, Dick Camp. "When it comes out of the silo, it's no longer regulated. The exact same material."

"Federal and state governments encourage the recycling, which saves money for industry and conserves space in hazardous-waste landfills. The substances found in recycled fertilizers include cadmium, lead, arsenic, radioactive materials and dioxins, the Times reports. The wastes come from incineration of medical and municipal waste and from heavy industries."

## Norman Piersma...

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rather a nutritional regimen that detoxifies the body and fortifies the immune system. Another tumor did appear at that time, but totally disappeared in 6 weeks. That was the last I've seen of cancer. I'm 67 and in perfect health regularly competing in the Senior Games. I'll never return to 'modern medicine'.

Postscript, June 1997

"The above was written over 3 years ago. Two months after [I wrote it] another lymph node was removed from the same place, positive for melanoma. We had traveled overseas and later were in a serious car accident. My immune system went down. I quickly got back on the [Gerson] program and am doing great."

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*and more!*

# In The News...

In the course of the month of August, 1997, a number of news items are beginning to show the public the dangers and damage caused by drug based medicine. Along with these, 'cosmetic' surgeries are in the news.

One doctor is under indictment for causing the death of a patient undergoing liposuction - quickie fat removal which apparently caused the patient to bleed excessively.

The Dow Chemical Co. has finally been forced in court to admit that breast implants may have caused some 200,000 women worldwide severe health problems. There is ample evidence that the coverings used for the silicone fillings were not adequately tested and disintegrated inside the body once implanted. Many women have had serious illnesses as a result, others have died. (See HEALING NEWSLETTER Vol. 9 No. 4, editorial, p. 4)

On Friday, August 22, an article appeared in the San Diego Union Tribune's front page, titled "Drug-defiant germ gets foothold in U.S." The author of the article is Tara Meyer.

She describes the staph (staphylococcus aureus) that has now become drug resistant. Staph is generally contracted in hospital settings and presumably patients in hospitals are also suffering from poorly functioning immune systems. Staph used to be controllable by antibiotics; however this new strain is resistant also to the strongest drug available, vancomycin. Three months earlier, in Japan, a resistant strain of staph had already been reported.

Tara Meyer reports: "Staph bacteria are the No. 1 cause of hospital infections. They are blamed for about 13% of the nation's 2 million hospital infections each year, according to the Centers for Disease Control" reports Dr. William Jarvis, an epidemiologist with the CDC.

The article further explains that when penicillin was first introduced in 1947, it killed staph. However, within

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# Roger's Story...

By Charlotte Gerson

At the end of August, we attended the Convention of the National Health Federation in Chicago. As our readers have noted earlier, we are always happy and gratified at conventions because everywhere we go, we meet recovered patients. One lady came up to me and reported that she had been at the Mexican hospital some 4 years ago with spreading breast cancer and was now completely well. A very young lady with her husband reported that some 14 months ago, she was told by her doctor that she had at most 6 months to live because of spreading melanoma in her body. She had 'beaten' the doctor's time by a long shot, was much improved and expected to be recovered shortly.

We also met our good friend, Roger Middleton. He came specially from Toronto to help us at the booth - and we sorely needed help. Thank you again, Roger. Several months ago, he wrote up his story:

"I was lucky. My prostate cancer was caught at an early stage and I was advised that it was a 'medium grower'. I figured I had the luxury of time to decide what to do.

"Time, however, was what I needed since my wife had passed away less than four years earlier and I had my daughter to raise. She had already lost one parent and didn't need to add another one to that list. I also had a business to run, fortunately from my home.

"I came to believe that each of us has an intuitive sense, a quiet 'voice within', that tells us what to do.

However, most of us have been trained to listen to the advice of others, the 'experts'. I had come to realize over the years that that quiet 'voice' seemed always much wiser than the 'experts'.

"I was diagnosed over three years ago and my oncologist recommended surgery. My voice said I should start searching for alternative treatments. I found Richard Walter's excellent book called 'Options'. I devoured this book and of the many theories in it, I found one therapy that deeply appealed to me because it had a theoretical structure based on simple observation: that was Dr. Gerson's.

"This Therapy had stood the test of time and there was this huge and rich legacy of patient experience. What worked had been continued; what didn't work was discarded. Finally, I felt there could be nothing better than to embark upon a therapy so deeply in harmony with nature's laws.

"I wished Dr. Gerson had found a therapy that was easier to do and was less work. I was lucky to find out that Charlotte Gerson was coming to town just a few weeks after I read Richard Walter's book. I don't think I could have learned quickly enough how to do the Therapy without that opportunity to hear Charlotte speak.

"I learned that it was easy to make mistakes. I had started with a centrifugal juicer and used it for two months. Over this period, my need for enemas had dropped from three a day to one every two days. I figured I was making progress. I could not have been more wrong!

"Then I received my K & K grinder and press - and I was back to three

and four enemas a day. So, Dr. Gerson was proved right again. Centrifugal juicers do not work. I wish there was more research to give us a better understanding of the mysteries that Dr. Gerson, through his life, lived with and loved to explore.

"It is now more than 3 years since I received my initial diagnosis. The acute phase was over after about one year. However, I do not feel that my liver and body are yet fully healed. My diet remains organic and vegetarian, although I have fish once every two months or so, and I drink from one to three glasses of pressed juices a day. By two and half years, my P.S.A. level was down to 3.4 and there was no more sign of any cancer.

"While releasing all the physical toxins on the Therapy, it is important to recognize that mental and emotional toxins that are trapped in the body, are also released. Each day is a day of beauty; I see people in a different light and I am learning to be much less judgmental.

"I learned to take charge and not be dependent on the advice of others; but I learned also to ask for and accept help.

"If you are following the 'voice of wisdom within', and it leads you to the Gerson Therapy, continue to have confidence in what you are doing. Your loved ones will gradually learn to have confidence in your judgment as well. Let them know it is the hardest but most satisfying and loving gift they can give, the gift of loving help and support without judgment."



## In The News...

*continued from page 7*

a decade, "some strains grew resistant, a development attributed to overuse of antibiotics." Stronger and stronger antibiotics are being developed to try to control the more and more resistant strains. The latest one, Synercid, developed by the French Rhone-Poulenc pharmaceutical company, has

been effective in controlling the present resistant strain of staph. So far, the FDA has not approved Synercid.

However, there are more and more frequent reports of tubercle bacilli, syphilis spirochetes, etc. that are drug resistant, "Super Germs." In view of the Gerson Therapy's effectiveness in strengthening the immune system, we feel strongly that once an infection

has been overcome, also with the help of antibiotics, it becomes imperative to detoxify the body of the toxic side effects of the germs as well as the drugs, and then strengthen the immune system so that no future infections occur - rather than rely on more antibiotics for the next infection.





## Gerson Vendor Network

A list of vendors, supporters, and donors who offer products essential to the Gerson Therapy.

Harbor House Organic Coffee  
PO Box 1879  
Clearlake Oaks, CA 95423  
Toll free 888 902-6333  
Tel (707) 998-4654, Fax (707) 998-4580

K&K Grinder & Press (juicer+press)  
Al Hasser, 14410 Big Canyon Rd., Middletown,  
CA 95461  
Tel (707) 928-5970

Mountain Fresh Services  
(ozone machines+air purifier)  
PO Box 1915  
Bonita, CA 91908  
Tel (619) 656-9077, Fax (619) 656-6627  
e-mail: mfservices@juno.com

Norwalk Juicers  
145 E. Cliff St.  
Solana Beach, CA 92075  
Toll free (800) 405-8423, Tel (619) 755-8423  
Web: www.home.abac.com/norwalk  
e-mail: norwalk@abac.com

STAT (Gerson medical essentials)  
Apartado Postal No. 2392  
Tijuana, B.C.N. 22000, Mexico  
Tel 01152-66-801-103  
Fax 01152-66-802529

Sunshine Organics (veg. produce)  
(formerly Jumbo's) 3918 30th St.  
San Diego, CA 92104  
Tel (619) 294-9612, Fax (619) 294-9612

Water Plus Int'l (water distiller/ shower filters/gard'n gro)  
PO Box 1915  
Bonita, CA 91908  
Tel (619) 656-9077, Fax (619) 656-6627  
e-mail: natural@adnc.com

Mrs. Greenjeans Organic Food Warehouse  
(A home delivery service of Organic produce)  
32234 Paseo Adelanto, D-4  
San Juan Capistrano, CA 92675  
Tel (714) 489-1960

## Sandra Whitwell:

### *Recovery from Ovarian Cancer*

"As a teenager, I would miss school at least one day a month because my periods were so painful. At the age of 23, I had cysts the size of a grapefruit on my ovaries ready to rupture. Emergency surgery was performed and the cysts were removed. Because I did not have children a hysterectomy was not done. At age 29, I had endometriosis. At that time my tubes were scraped and again a hysterectomy was not performed. At age 37, I had become an avid runner, running 4-5 miles a day. On a Wednesday, I had run 4 miles. I had absolutely no pain and no idea that anything was wrong with me. I awoke Thursday morning with my stomach swollen, especially on the left side. I could not move, I was in such pain. I was rushed to the doctor and he rushed me to the hospital and did emergency surgery. This time, I got the complete hysterectomy. I still had not birthed any children but adoption has proven to be a blessed option. Two days after surgery, the lab results came back showing I had 'clear cell carcinoma of the ovaries'.

"I was sent to Vanderbilt to see Dr. Jones, the oncologist there, and chemotherapy was recommended. A friend living in Alaska sent me information on the Gerson Therapy. My mother had nursed a lot of people who had taken chemotherapy and we had decided it would be better to do nothing rather than chemo. We checked out macrobiotics and other options, but the Gerson Therapy made the most sense. Bombard the body with nutrients and it will recover and fight the cancer itself. I decided to go to the Gerson Therapy clinic in Mexico, stayed 10 days, and my Mother and Dad literally devoted two years of their lives to my recovery - and the raising of my son.

"It has been twelve years and I feel better than I did when I was a teenager. I had lumps in my breast and one on my left leg. They disappeared. When I first started the detoxification, I smelled of perms. I had always permed my hair but now it is straight

and healthy and my body no longer exudes the terrible smells. I also had terrible sinus problems and I would vomit for days with migraine headaches which no longer exist. I am presently helping a friend with ovarian cancer to the Gerson Therapy. I am learning how hard my parents worked and are still working as they are also helping. The Gerson Therapy makes so much sense and has become a wonderful way of life. It is hard socially but I am a great conversation



Sandra Whitwell

piece!"

Two years ago, I had a terrible experience. I had a root canal done. I started having pain in the root canal tooth—pain in my neck, shoulders, knees and hips. My head even seemed to be flipping and I became nervous (my hands would shake). I kept telling the dentist it was the tooth. I got laughs and lots of explanations as to why it could not be the tooth. I even developed a knot on my nose and left eye lid. After a visit to the dentist who did the root canal and four visits to my regular dentist, I finally got the tooth pulled. Immediately my heart stopped flipping and the pain disappeared. I am still working on the cysts on my nose and eye lid. They have decreased greatly and are no longer obvious - but they are still there."

## Council Against Health

### Fraud Speaks...

*continued from page 4*

It is at the end of the meeting that the most amazing items are given, a total departure from the usual categoric rejection by the Council of alternative therapies.

•  
Alternatives must be accepted, their practitioners licensed, and their services paid for by public funds and health insurance. (W. Sampson, MD)

•  
Just over 50 medical schools offer elective, for-credit courses on alternative therapy.

•  
Alternative medicine should not be 'condemned out of hand' (JS Alpert, Archives of Internal Medicine, 1996). Maintain an open-minded attitude.

•  
Encourage carefully performed and appropriately controlled studies of the new therapies.

•  
Avoid hubristic [sic] and arrogant attitudes toward alternative medical practices because one might be embarrassed by the subsequent demonstration of their clinical efficacy. (!)

•  
Toward the conclusion of the report, JS Alpert expresses that in his opinion, some of the reasons why the public is seeking new approaches to medical care are "the desire to find a healer with time to listen, to receive compassionate care, and to establish a partnership with a provider in seeking health."

•  
I feel that the most important reason for the public's search for alternatives is that their regular doctors have not helped them overcome their illness, their pain, and their disabilities. Most importantly, a large percentage of people have seen their loved ones, their friends and neighbors being treated with orthodox medicine for cancer - and die with much suffering. They are looking for healing in all areas.

## A Profile On Andrew Weil:

*Visionary, revolutionary...common sense.*

By Brandon Finucan

A great deal of interest has been focused on the work of Tucson, AZ physician Andrew Weil over the past few years. Through a practice of combining traditional Western medicine and natural alternative medicine he has managed to win the hearts, trust, and minds of people all over the world. The practice is something called "Integrative Medicine", and it is poised to lead a medical revolution.

Dr. Andrew Weil is no stranger to either side of the medical fence. A graduate of Harvard Medical School, he now teaches at the University of Arizona's Health Sciences Center in Tucson. His teaching specializes in alternative medicine, mind/body interactions, and medical botany. Weil is also an author, whose books are now almost guaranteed a lengthy stay on the best-sellers list. His sixth book, called "Spontaneous Healing," has spent nearly one full year on the paperback best-seller list. He is also the host of a successful PBS television show. He even has a web page whose theme, "Ask Dr. Weil" offers healthful advice on reaching a higher level of mental and physical well-being. A short trip through the site reveals answers to frequently asked questions. Dr. Weil's own "8 Week Program to Optimum Health", various articles on nutrition, natural remedies, recipes, and of course, the "Ask Dr. Weil" page. This is where you can send your own e-mail questions to be answered by Dr. Weil. However, since you will be one of approximately 83,000 people in one day viewing this page, it may take a little while before your question is answered; so be patient.

Of all his involvements however, the most important and significant is the founding of the Center for Integrative Medicine, at the University of Arizona. Through the institutionalization of Integrative Medicine, Weil hopes to find greater acceptance and support from the traditional medical establishment. The program at the Center will sponsor formal research on the effects of alternative treatments, establish a clinic with a student/physician curriculum, and offer a fellow-

ship program to train young doctors.

Weil's primary message, is one that Dr. Gerson spoke of in his work, this message is simply; the body can heal itself. A quote taken from the Tucson Citizen newspaper, Monday, July 14, 1997 (page: A1), further relates to Dr. Gerson's message; "Medicine has been too dependent on technology for too long and turned its back on nature - on the more simple, natural methods of care."

Weil, who is among the 25 most influential people in America, strongly believes that with more and more people losing faith in traditional medicine, there is a worldwide calling for Integrative Medicine. His beliefs have attracted a lot of attention, including that of Reed-Elsevier, a multi-national academic science publisher. Reed-Elsevier has proposed producing a research journal for alternative-medicine, with Weil as the editor. Oxford Health Plans, one of America's fastest growing HMO's, is presently considering the incorporation of Integrative Medicine into its doctor training. This Weil designed "Continuing Medical Education" curriculum would be taught to Oxford Health Plans' nearly 40,000 doctors.

Now that American's are spending about \$14 billion a year on alternative health treatments, the established medical institution is finding it harder to keep holistic health care in the dark.

While Weil is not alone on the front lines of the Integrative Health Revolution, he has certainly proved to be its figurehead. With a growing public awareness and interest not only in bodily health, but spiritual health as well, the climate is right for the introduction of Integrative Medicine.

### Share your good health!

Build healthy bodies and a healthier relationship with a friend, family member, or co-worker by enrolling them as a member of the Gerson Institute. Give them the benefit of one full year of our *Healing Newsletter*.