



GERSON™ HEALING NEWSLETTER

VOLUME 13, NUMBER 3

MAY - JUNE, 1998

Consumers Beware: Canola oil studies show severe health effects!

The following item was compiled by Darleen Bradley (originally published on the internet.)

Canada produces and markets rape seed oil, known in the trade as Canola oil. Udo Erasmus, in *Fats that Heal, Fats that Kill*, (Fourth Printing, Published by Alive Books, Burnaby, BC, Canada; Copyright 1986, 1993, p. 116-17) writes "the Canadian government and industry spent \$50 million to get the Canadian oil onto the U.S. Food and Drug Administration's (FDA) "Generally Recognized As Safe" (GRAS) list." The item continues, "When studies were done on lab animals, these proved disastrous. Rats developed fatty degeneration of heart, kidney, adrenals and thyroid gland. When canola oil was withdrawn from their diets, the deposits dis-

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The Story of John Peters: Recovered Lung Cancer Patient.

By John Peters

On August 11, 1989, I turned sixty and my doctor said I was in excellent health. I was working out and swimming 1,000 yards, five days a week, had never been a smoker, ate a good diet, and had only missed work once in 30 years.

Just two months later, I had a persistent cough, and in November 1989, underwent open chest surgery for non-small cell lung cancer, followed by 24 radiation treatments. This seemed to work — for a while. About a year later though, I developed a cough again, and lost a lot of weight, strength and energy. I felt like a

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Practitioners Training: Third training program takes place in Sedona.

By Charlotte Gerson

During the first week of March, we held the Practitioners Training course for the third time, in dramatic, colorful, Sedona. The Gerson Healing Center was an important part of the location, since all meals were prepared there by the master chef, Richard Crowell (who outdid himself). The large dining room with its full view of famous Bell Rock, was more than adequate to accommodate the training program participants, as well as the regular Gerson patients of the facility.

This time, the group was particularly exciting. It included doctors from Brazil,

Germany, Australia, South Korea, England, Spain, (the Atlantic Island of Gran Canaria) and the U.S., as well as a number of chiropractors, naturopaths, and nurses. During the first four days, the weather was lovely and the colored rocks shone even more brilliantly under the deep blue sky. But then, we had a few days of cold and even snow - and everything looked different.

The full schedule was supplemented at lunchtime with visits and presentations of long-term, cured "incurables." On Mon-

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GERSON
HEALING
NEWSLETTER

Volume 13, Number 3, May-June, 1998
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The Gerson Healing Newsletter is published on a bi-monthly schedule by the Gerson Institute. It is our membership lifeline, and is intended to keep our members informed of various health issues about, and relating to the Gerson Therapy.

Members receive the Gerson Healing newsletter six times a year. Becoming a member of the Gerson Institute is simple, and your support will help us further public awareness of Doctor Max Gerson's life saving therapy, and the benefits of living a vegetarian, holistic lifestyle.

Please see our "Membership Registration" form on page 11 for more information on becoming a member.

Practitioners Training...

(Continued from front cover)

day, March 2, Sue Jessup came up from Tucson. She told the group (which included the Gerson patients) of her recovery. After a number of surgeries, her melanoma had spread to her liver. By the time she heard about the Gerson Therapy, she was too weak and ill to travel to Mexico - so with the help of her family, she did the Therapy at home. (Her story is reported in our *HEALING NEWSLETTER* Vol. 10, No. 6, of 1995). Among the patients present, there was a physician, a surgeon in fact, who claimed "you cannot cure melanoma"... He was impressed.

I had asked several other recovered patients to come on various days, but did not have anybody scheduled for Tuesday's lunch presentation. Providence provided! A long term recovered patient from Seattle (Sharon Lamar) just happened to be in the area with her family. A short time before lunch, a large motor home pulled up in front of the clinic. Sharon knew about the Sedona Gerson clinic and she wanted to see the place. She had read about it in our *NEWSLETTER*. When she emerged from her motor home, I asked her to have lunch with us. A "Gerson Person" doesn't refuse a good Gerson lunch with carrot juice! After her meal, she told us about her widely spread lymphoma, biopsied and inoperable since one tumor, the size of a water melon, was wrapped around her ventral aorta. She also suffered from the most severe fluid accumulation I had ever seen: in her legs, her abdomen and even her hips and buttocks. She told how in just 5 days on the

Therapy, she lost 28 pounds - all fluid - and how her legs, hips and bottom were normal after that. Of course the watermelon-sized tumor in her abdomen was still very much in evidence, as were the swollen lymph nodes in her groin and neck. She also told about visiting her doctor some six months later - and I filled in the doctor's report which I remember vividly. He stated that her "lymphedema seemed to be resolved" (edema was gone), and that "her tumors were no longer palpable" (he couldn't feel them any more), but that she had severe "carotinemia" (carrot coloring of her skin) which sounded as though she was suffering from a serious poisoning! But he followed this statement by saying that "she still refuses chemotherapy" (he did not consider this toxic; besides she had no more tumors). All this happened about 6 years ago and Sharon has been in

good health now for a long time, is active and has been able to return to her singing (as well as offer help in their business.)

Sharon also fascinated the company by telling us how she had come to learn about the Gerson Therapy. In her church, a lady pianist was accompanying the choir. Many years ago, she had suffered from pancreatic cancer - and was long recovered. When this former patient learned of Sharon's problem, she referred her to the Gerson Therapy. Actually, this reference gave a second testimonial: a recovered pancreas cancer patient. Of course the medical study group understood perfectly well that there are no recoveries of pancreatic cancer in allopathic medicine. This was particularly impressive.

On Wednesday, one of the students in the group, presently a chiropractor, told of her recovery from numerous problems, caused originally by years of antibiotics for acne. (See our *HEALING NEWSLETTER* Vol. 10, No. 5, of 1995 - Theresa Saens) After three years of antibiotics, her colon stopped functioning altogether and she developed endometriosis. (The lining of the uterus proliferates in innumerable spots inside and outside of the uterus, resulting in severe pain.) She recovered from the endometriosis, but her colon so far has not recovered normal function. Mean-while she is well and active in her chiropractic profession.

Following Theresa's report, another cured, former patient came up from Phoenix: Kent Gardner. He told us his story (See his complete report in our

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Practitioners learn that all food with Fat is rejected. Gerson 2000 © The Gerson Institute

New & Improved Superbugs!

Tuberculosis and others make comeback with antibiotic overuse in meat.

By Charlotte Gerson

An item on the Internet dated March 20, 1998, describes an article that appeared in the *Times of London*, telling of new studies into the relationship between the use of antibiotics in animal feed and the development of 'superbugs'. In the *Gerson Healing Newsletter* (No. 17, of Jan.-Feb. 1987), we pointed to some evidence regarding antibiotic-resistant germs, including tuberculosis and others, now showing up in hospitals. Patients treated with the latest and most powerful antibiotics do not respond to treatment, since the 'bugs' have

become resistant.

The *Times of London* reports on research from the Danish Veterinary Laboratory, crediting Dr. Henrik Wegener, who for the first time, has established a link between antibiotic-laced animal feed and the new 'resistant' superbugs. A new and apparently very powerful antibiotic, Vancomycin, doesn't affect the germs found in patients' intestines if a similar antibiotic was used in animal feed.

For many years the use, and even overuse, of antibiotics in animal feed has been routine, due to findings that this prac-

tice increases animal growth by as much as 5%. On the basis of the new findings, Dr. Wegener urges that antibiotics should be banned from animal feed as a growth promoter.

Scientists were previously aware of the dangers of overusing antibiotics, but there was no specific research available proving the link. The *London Times* article also reported that gene tests "in the gut of people, pigs and chickens" have shown that "antibiotic resistance has moved from animals to humans."

Recently, the media have

reported that tuberculosis has regained the lead in killing diseases, particularly in the third world. The United States, however, is also experiencing a resurgence in this once-rare disease. The 'new' antibiotic resistant strain of TB is considered a 'superbug'.

The EU long ago banned the importation of American beef products due to the high and dangerous levels of antibiotic residue in the meat. The EU considers American beef 'tainted' by this residue.



Practitioners Training...

(Continued from previous page)

preceding NEWSLETTER, Vol. 13, No. 2, of March/April 1998). The audience was enormously impressed with his recovery from throat and esophagus cancer which has an unusually poor prognosis. He is now feeling wonderful, has a powerful build and radiates well-being. (He carried our heavy book boxes from the Phoenix Convention Center on the weekend of March 78 which followed the Physicians Training session. Thanks again, Kent.)

On Thursday, Kathleen Frankel came over for lunch. She lives in Sedona, works at the local health food store, and is a powerful spokesperson for the Gerson Therapy. She had a growth on her thyroid gland but refused surgery, and she too recovered on the Gerson Therapy (See her story in our *HEALING NEWSLETTER* Vol. 12, No. 1).

On Friday, we had another visitor from Phoenix, Chuck Kohlhas. He has an amazing story of many illnesses and injuries. He prepared a 9 page document giving the whole background, the many problems and doctors' names who treated him, his increasing problems and dete-

rioration, and finally his experience with the Gerson Therapy. His saga started with rheumatic fever and the resulting damage to the heart at age 15. Two years later, he had polio and a ruptured appendix with the resulting peritonitis. This was followed by numerous accidents and broken bones. Starting at age 16, he had first acute, and later chronic Brucellosis (undulant fever). In 1978, at age 43, he was diagnosed with lymphoma and shortly thereafter, with insufficiency of the small arteries of the cerebrum (small brain). This may have been a long term result of the damage to the heart from rheumatic fever. He had problems with his left arm, which became numb and weak, along with chest pain and immobility.

In June of 1978, Chuck developed severe pain in the back of his left eye and was given medicine for migraine headaches. He passed out twice and had intermittent loss of eyesight. By September he had three light strokes, leaving weakness in his right leg and arm.

Within twelve months, he lost 35 pounds, and his 'entire body was racked with severe pain,' mostly in his head. Chuck was diagnosed with cancer by Dr.

Thelma Arthur at the University of Arizona and started on a metabolic therapy which helped temporarily. By July 1979, he experienced kidney and liver failure, when Dr. Harold Harper was able to restore function.

Finally, Chuck found the Gerson Therapy at the hospital in Mexico, where he experienced some incredible healing reactions at first. It took many months and many reactions to reach all the many areas of disease and damage in his body, but Chuck is now well. One interesting 'side effect' of the Gerson Therapy: for 30 years, from 1952 to 1982, Chuck had a severe reading disability. This problem cleared after one year on the Gerson Therapy!

Still, there is more to Chuck's story: He brought his 84-year old mother along with him to Sedona. Charline was at 67 years of age when she too entered the Gerson Hospital - they were both in the hospital at the same time. She was diagnosed with a grapefruit-sized tumor in her left lung. 90 days later, a new x-ray at the Scripps Clinic in San Diego proved that the tumor was gone. She is in good health today.

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Attack Snack?

Proctor & Gamble® continue marketing efforts on Olestra (Olean®).

By Charlotte Gerson

We have reported several times in the pages of the *Gerson Healing Newsletter* about Olestra. (See *HEALING NEWSLETTERS* Vol. 11, No. 2, & Vol. 12, No. 2) A few months ago, Frito-Lay did their first test marketing of snacks produced with Olestra (commercially named Olean) in four test cities of three states (Indiana, Colorado, and Ohio). Not surprisingly, the tests were rather disastrous, according to news reports. Many people suffered severe gastro-intestinal problems, including many hours of painful cramping and diarrhea; others were so ill that they landed in the emergency rooms of local hospitals. One such patient was a woman doctor, who after eating the 'snacks' twice, suffered each time from the same cramps and diarrhea. The consensus was: the snacks involved are supposed to be 'fun foods' but end up causing trouble, pain and even hospitalization.

Proctor and Gamble, the developer of Olestra, which has poured several hundred million dollars into its research and subsequent marketing, is not discouraged by the results. I used to be under the odd impression that 'test marketing' was designed to gauge whether or not a product is accepted by the public. There were so many negative reactions that many thought the good name of Frito-Lay products would be severely compromised by the tests and Frito-Lay's use of Olestra.

P & G funded a research study in cooperation with the Division of Gastroenterology, Department of Medicine, The Johns Hopkins University School of Medicine, Baltimore, MD. (Dr. Cheskin) and the Regulatory and Clinical Development Division of Proctor and Gamble. Drs. Miday, Zorich, and Filloon. The study was published in the *JAMA (Journal of the American Medical Association)* January 14, 1998, Vol 297, No. 2. The Conclusions of the study of "Gastrointestinal Symptoms Following Consumption of Olestra or Regular Triglyceride Potato Chips" were that there is no difference in intestinal problems resulting from Olestra chips vs. those

caused by 'regular triglycerides' produced chips. The study only admitted that the Olestra produced chips received lower taste scores.

Olestra (Olean) is touted as a fake fat that will help people stay slim and cut down their risk of heart disease. So far, there is no direct evidence that it is able to accomplish either. But it brings with it serious problems: aside from the severe intestinal cramping followed by long hours of diarrhea that was widely reported. It can also flush important minerals and vitamins out of the system that could otherwise protect against cancer, heart disease and blindness!

By the end of March 1998, supermarkets nationwide were expected to carry Frito-Lay's brand of olean snacks, selling as WOW! products (such as Ruffles and Doritos). P & G will produce its own brand of 'Fat Free Pringles' (so far, still being test marketed). While other products, including Nabisco's Wheat Thins and Ritz crackers are expected to join the olestra bandwagon as well.

In our first report on Olestra (NL Vol. 11, No. 2) we already enumerated the serious problems found by the users of olestra produced snacks. The body is unable to metabolize this large molecule of fat, so it therefore passes through the digestive tract unabsorbed. However, on their journey, these large molecules absorb useful vitamins and minerals (vitamin A, D, E, and K, as well as carotenoids) present in the body, carrying them out in the resulting diarrhea. The Food and Drug Administration has required P & G to add back some of the vitamins - but not carotenoids. Ernst Schaefer of the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University in Boston says that "Olestra has the potential to do significant harm".

In *Nutrition Action*, Vol. 25, No. 2, the Center for Science in the Public Interest (CSPI) addresses olestra's problems in an article by Michael Jacobson and Lelia Corcoran titled: 'Snack Attack'. The

authors tell about the November 1995 FDA advisory panel vote of 17 to 5 to approve olestra. The committee, say the authors, didn't include a single expert on carotenoids and was stacked in favor of P & G. At least 9 of the 17 'yea' votes came from food industry consultants. In January of 1996, FDA gave the go-ahead to sell olestra for use in 'savory snacks' (potato chips, tortilla chips and crackers) but required a label warning of 'abdominal cramping' and 'loose stools'. The label also warns that olestra "inhibits the absorption of some vitamins and other nutrients".

According to dozens of studies, carotenoids protect against cancer, heart disease and macular degeneration (the most common form of blindness of the elderly), according to Walter Willett, head of the nutrition department at the Harvard School of Public Health. In January 1996, he warned that widespread use of olestra in snacks would cause hundreds of cases of blindness and thousands of deaths each year from heart disease and prostate and lung cancer. Even modest reductions in carotenoids could potentially translate to many cases of serious illness. Willett and Harvard colleague Meir Stampfer wrote in a letter to the then-FDA commissioner, David Kessler.

Clearly, the food industry's number one priority is selling products that will make them a profit, even to the extent of recklessly endangering public health. So protect your and your family's health and stay with fresh, organic, natural foods. And if you must have some 'fun' foods occasionally, make sure you know what you are getting.



Selected Notes & Quotes About Olestra (Olean®)

"We are concerned about the high incidences of gastrointestinal effects, ranging from diarrhea to fecal urgency, that are caused by the consumption of modest levels of Olestra." *Dr. Mark Donowitz, Johns Hopkins University School of Medicine*

"...there is strong reason to suspect that the effects [of olestra] will include increases in cancer, heart disease, stroke, and blindness." *Drs. Walter Willett and Meir Stampfer, Harvard School of Public Health (endorsed by 25 other nutrition experts)*

(Source: "What the Experts Have to Say About Olestra" from CSPI's, online news source at, www.cspinet.org/olestra/experts.html — CSPI maintains a toll-free line for consumers to report adverse reactions to olestra at: 1-888-OLESTRA)

"Studies have shown that eating even a small snack bag of olestra-fried potato chips can reduce blood levels of beta-carotene by 60%. Since beta-carotene deficiency is associated with cancer, heart disease, and macular degeneration, olestra may theoretically increase the risks of these diseases." ... "Vitamin D is involved in calcium metabolism, vitamin K in blood clotting, and vitamin A (from the diet or produced from beta-carotene) in immune function and vision, while the antioxidant vitamin E is thought to protect against cancer and heart disease."

"In addition to vitamin deficiency, olestra can cause diarrhea and anal leakage (uncontrolled greasy seepage). P&G has reformulated the product to reduce the anal leakage, and plans to fortify olestra-containing processed snack foods with extra vitamins. However, many scientists doubt that fortification will do any more than fortify the greasy seepage."

(Source: January 1996 issue [Med Sci Bull. 1996;18(5):3] of Medical Sciences Bulletin published by Pharmaceutical Information Associates, Ltd. Entire original article found at, www.pharminfo.com/pubs/msb/olestra2.html)

Selected statements from the U.S. Department of Health and Human Services news release on olestra, announcing the FDA's approval of the product as a food additive:

"Olestra may cause abdominal cramping and loose stools in some individuals, and inhibits the body's absorption of certain fat-soluble vitamins and nutrients," said [former] commissioner of Food and Drugs, David A. Kessler, M.D.

The following labeling statement will be required on all products made with olestra: "This product contains Olestra. Olestra may cause abdominal cramping and loose stools. Olestra inhibits the absorption of some vitamins and other nutrients. Vitamins A, D, E, and K have been added."

"Clinical testing also indicated that olestra absorbs fat-soluble vitamins (Vitamins A, D, E, and K) from foods eaten at the same time as olestra-containing products."

The following list of products are known to have been test marketed with olestra (olean):

Frito-Lay's WOW chips (incl. Original Lay's, Ruffles, Cooler Ranch Doritos, Nacho Cheesier Doritos, and Lay's Mesquite Bar-B-Q), Fat-free Pringles, Fat-free Bar-B-Q Pringles, Fat-free Sour Cream & Onion Pringles, Fat-free Ritz Crackers and Fat-free Wheat Thins.

Canola Oil...

(Continued from front cover)

solved but scar tissue remained on all vital organs. No studies on humans were made before money was spent to promote canola oil in the U.S." The problem seems to be erucic acid, according to Dr. Erasmus. Apparently, seeds were developed with a reduced erucic acid level. Dr. Erasmus also points out that "in China and India, rape seed oil has been used by millions, with no apparent damage." "However," he adds, "the Chinese and Indians use high erucic acid in unrefined form. This may be an important consideration."

Ms. Bradley continues: "My cholesterol level was 150. After a year [of] using canola oil, I tested 260. I switched back to pure olive oil and it has taken five years to get [my cholesterol level] down to 160." Thus began this project to find answers, since most doctors will say that canola oil is OK."

"A friend who worked for only nine months as a quality control taster at an apple-chip factory where canola oil was used exclusively for frying, developed numerous health problems: loose teeth, gum disease, numb hands and feet with cramps, swollen arms and legs, extreme joint pains, cloudy vision, constipation, hearing loss, skin tears, hair loss and heart pains. Five years after she stopped working there she still has some joint pain, gum disease and numbness."

"Be sure to check products for ingredients. If it says 'This product may contain one or more of the following' ... and lists canola oil, you can expect it to contain canola oil because it is the cheapest oil and the government subsidizes canola oil to some industries involved in food processing, bakeries and schools."

"Rape seed oil is a penetrating oil, to be used in light industry, not for human consumption. It contains a toxic substance."

"Rape seed oil used for stir-frying in China was found to emit cancer causing chemicals (Rape seed oil smoke causes lung cancer), as reported by Amal Kumar Maj, in the *Wall Street Journal*, June 7, 1995."

Another item about processed rape seed oil (canola), comes from the March/April 1996 issue of *Perceptions*, and is quoted as follows: "Canola oil comes from the rape seed, which is part of the mustard family

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Canola Oil...

(Continued from previous page)

of plants. Rape is the most toxic of all food-oil plants. Like soy, rape is a weed. Insects will not eat it; it is deadly poisonous! The oil from the rape seed is a hundred times more toxic than soy oil! Canola is a semi-drying oil that is used as a lubricant, fuel, soap and synthetic rubber base and as an illuminant for the slick color plates you see in magazines. It is an industrial oil and does not belong in the body! Canola oil has some very interesting characteristics and effects on living systems. For example, it forms latex-like substances that agglutinate (cause to glue together) the red blood corpuscles, as does soy, but much more pronounced. Loss of vision is a known characteristic side effect of rape oil which antagonizes the central and peripheral nervous systems - again like soy oil, again worse. The deterioration takes years, however. Canola causes emphysema, respiratory distress, anemia, constipation, irritability and blindness in animals - and humans." This item is reproduced from *Recipes for Life*, by Rhonda J. Malkmus.

John Peters' Story...

(Continued from front cover)

wind-up toy that was running down and the doctors were not helping. After being hospitalized for a bronchoscopic examination, I was told that I would have to have open chest surgery again for cancer. When I refused surgery and chemotherapy, they told me that there was no chance for my survival.

I had researched lung cancer and realized that the only reason I got cancer was that my body supported it. Thus, if I didn't change the internal environment of my body, the cancer would just come back again. I started on the Gerson Therapy at home in May 1991.

I was very weak, and the therapy was demanding, but I was facing the Grim Reaper, so I was also highly motivated. In only three weeks, I knew it was working - I was getting stronger, coughing less, and feeling much better. Most surprisingly, I was actually gaining weight on this vegetarian diet, after losing so much for months, I was finally becoming more than just skin and bones. I have

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Dear Charlotte:

"...about cancer patients losing their appetite."

"I would like to ask Charlotte to please write about cancer patients losing their appetite and "starving" to death. Please address Dr. Gerson's reasons for this condition and how the Gerson Therapy can help. I am very disappointed in Western medicine's failure to address this issue and its lack of any explanation as to why it occurs and how to stimulate the appetite back to normal.

I watched my Dad starve to death after chemotherapy, radiation and drugs. I wish he had listened to me and gone to Gerson for treatment. The doctors gave up on him and all they gave him was Prednisone and drugs to try to get him to eat - further poisoning his liver."

- Paul R.

Dear Paul,

It is interesting that in the course of your query, you are answering some of your own questions regarding the reasons cancer patients starve to death. For one thing, radiation causes nausea and the patients have trouble eating. Some doctors now give marijuana to overcome nausea. But marijuana itself is a drug that further damages the body. Others give injections, with the same results. Chemotherapy can be worse than radiation, causing not only nausea but severe vomiting. Some chemotherapy patients are then fed with tubes through their veins, with "Ensure", a chemical concoction which tends to make tumors grow. Other doctors use prednisone, as your father's doctor did - hoping to stimulate the appetite.

The difficulty can be summed up in the word: "stimulate". We must always remember the underlying causes of cancer: toxicity and deficiency. Both these problems tend to result in lowered stomach juice secretion, and lowered liver and pancreas function, therefore sluggish appetite and digestion. Further, such patients are often fed heavy foods, including meats, cheese, and cake to try to put weight back on. Their weakened digestive system cannot handle these foods, which

then further block digestion and appetite. There is more: often cancer patients are in pain and are given pain killer drugs, which tend to paralyze the intestinal peristalsis, resulting in constipation and more toxicity, and further inhibiting appetite and digestion.

If you keep this dreary picture in mind, you can easily understand how the Gerson Therapy helps to restore appetite. First of all, Dr. Gerson made sure that the intestinal tract was opened up and toxins removed by the use of coffee enemas. He then gave the patients digestive enzymes, stomach acid and pancreatic enzymes, to restore function to the sluggish, weakened digestive apparatus. Dr. Gerson also gave the patients light vegetarian foods that are easily digested and leave the stomach rapidly - making room for another meal and more juice.

Patients often arrive at Gerson Centers with nausea, or soon develop healing reactions. They need additional support to directly overcome the lack of appetite. Dr. Gerson was able to deal with that difficulty as well: he used peppermint tea to soothe the digestive tract: while it gently activates the flow of stomach juices so that proper digestion can take place. The patients can also drink thin strained oatmeal gruel that settles an upset stomach and allows them to resume eating. Note that Dr. Gerson did not "stimulate" appetite with drugs but instead supported the sick and weakened body systems. And this process works! The stomach, liver, pancreas and colon "do their thing" - the patient can eat again and often begins demanding food.

In this way, the Gerson Therapy does not use drugs to "beat the dying horse" (stimulate the appetite) into working, but gently nudges the system back into action with the best nutrition and detoxification that can be provided.



Recovery at Home:

The story of Jessica Kahn.

By Jessica Kahn

When I was sixteen years old, I began to have grand mal seizures. At first they occurred once every three to four months, but my condition soon deteriorated. Eventually, I was having two or three seizures at a time, practically every week. Of course I was devastated and depressed, but that is another story. My

father has had a mild seizure disorder for the past twenty years, and so I felt that my seizures were inherited and here to stay.

I went to specialists, took EEG's, but none of the doctors could figure out what was wrong. None of them could offer me anything more than anti-convulsive drugs. Not wanting to go down the orthodox road, my family and I searched and experimented with several alternative treatments. All of them having failed, we decided to try the Gerson program because we had seen it work miracles with friends of ours who had once had cancer.

I went completely on the program for eleven months; I was able to adjust my

school day and my lifestyle, and I did all the juices and purges, etc. Although my mother spoke to Charlotte Gerson on the phone a couple of times, we did the program "by the book". During my eleven months on the Gerson program, I had only three seizures (that probably coincided with healing crises, such as the one I had after six weeks).

It has now been over four years since I stopped the treatment and over five years since I had a seizure! Of course I am very grateful to the Gerson program and also to my family for being so persistent in searching out a cure for me.

Being Healthy Now Politically Correct: Orthodox medicine bites the bullet.

The following is taken from material which appeared on the internet in 1996.

In 1994, Congress passed the Dietary Supplement Health and Education Act which essentially did away with regulations on alternative medicines that called themselves food, or dietary supplements.

It gave a number of arguments about this new law which was passed liberalizing cancer treatments. Under the new law, products like herbs, shark cartilage, or vitamins can be sold and promoted as cures for diseases, or as treatments to enhance health — as long as the claims were not on the product labels.

Of course, the establishment physicians spoke strongly against the new law, stating that "it has exposed cancer patients to outrageous claims for useless treatments." Dr. Charles Myers, director of the cancer center at the University of Virginia, says the law has "opened Pandora's box."

The leading supporter of the act was Sen. Orrin G. Hatch, (R-Utah). He says he

is "proud of his role in getting the law passed. These products have worked for people and helped them. You show me a doctor who says they haven't helped, and if you do, I'll show you a prejudiced guy."

Some alternative treatments are not regulated because they existed long before there were any regulations. Homeopathic medicines, for example, have never been subjected to testing for effectiveness because they were around before the FDA had laws requiring testing. They can stay on the market because the FDA considers them safe.

Other treatments are permitted because practitioners use a legal product: treatments like coffee enemas and juice diets for cancer are not regulated by the FDA because they do not involve drugs.

As we reported in the *Gerson Healing Newsletter* (Vol. 12, No. 5) the Council against Health Fraud has cautioned its members not to condemn alternative

therapies too loudly - "because they may soon have to admit that these methods are effective." An American Cancer Society spokeswoman, Susan Islam, said the term "unproven methods" had recently been replaced by "complementary and alternative methods" because of a concern with "political correctness." The term "unproven" she said, "is not PC."

As you may know, the Gerson Therapy has long been on the American Cancer Society's list of "Unproven Therapies."

We have not seen any recent literature giving the Therapy that designation.

When you make a donation to the Gerson Institute, you not only help us continue our life saving work — You may also be giving someone back the gift of life.

Your support makes it possible.

John Peters' Story...

(Continued from page 6)

remained cancer free and in reasonably good health for the past seven years. I am vegan, avoid refined flour, sugar, salt, caffeine and alcohol and still juice about 24 ounces per day. There is no doubt in my mind that I would have been in the cemetery six or seven years ago without the Gerson Therapy.

About one year after starting the Gerson Therapy, I went back to my pulmonary specialist. I later found out that he had stated in my medical records "the patient is fine with no sign of cancer, so our diagnosis was undoubtedly wrong."

In November, 1992, I suddenly began to see double. The doctors suspected that the lung cancer had spread to my brain - but all tests were negative. The problem cleared up until the following November, when the double vision recurred. My mother and favorite uncle had both suffered from myasthenia gravis - which is

what I had. It cleared up with medication but returned the following November. After reappearing for three consecutive years only in November, I asked God what it meant. It turned out that on Halloween, I would eat leftover Halloween candy. Although told that I was permanently disabled and would never recover, I have not eaten candy since November, 1995 and have had no further sign of myasthenia gravis.

Before having surgery [in 1989] I obtained a second opinion from the head of the Pittsburgh Cancer Institute. Then in 1996, I returned to him for a follow-up test. He was shocked to see me and said that I'd never know how lucky I was to be alive. He told me that with my disease, there was only about a 3% chance of survival.

- John Peters

This report has several interesting points. We see that doctors will reason

backwards, so that if a cancer patient who is in 'terminal' condition recovers, they assume that the diagnosis was wrong. This behavior raises some interesting ethical questions for physicians. Since they suggested open chest surgery and chemotherapy, when the patient presented with a recurrence of lung cancer, would it not be malpractice or worse to suggest these unnecessary, invasive treatments if the diagnosis was possibly mistaken? Was any apology offered for the serious, perhaps near-fatal error? At the Gerson Institute we are often told by recovered patients that their doctors believe they were misdiagnosed - since they got well!

The other point I should like to make is that this patient also recovered from myasthenia gravis. At the Gerson hospitals, we rarely see this disorder - yet here we have a report that the Gerson Therapy was able to overcome this disease, too.

- Charlotte Gerson



Serialization of Doctor Max:

Italian newspaper inspired to re-print novel.

On April 6, 1998 an important Italian weekly newspaper, *Il Giornale di Lecco*, began the serialization of Giuliano Dego's great popular novel, *Doctor Max*. The newspaper is presenting the novel with the subtitle: *The true, documented story of Dr. Gerson's cancer therapy, and its sabotage by U.S. doctors*, including a photo of the author and cover of the book. Serialization of novels is practically unprecedented in recent history, but the newspaper thought the theme of the book was of such great public interest, that it warranted unusual exposure.

"Giuliano Dego," wrote Federico Fellini "is the kind of writer I had thought no longer existed. He gives comfort, like a friend whose very memory you had believed lost forever."

In Dego, the Gerson cause has found a powerful advocate. For the last several months he has dedicated a weekly column entirely to the Gerson story, warning the Italian public of the well-developed tactics of the U.S. medical authorities in robbing citizens of their right of choice in cancer treatment. On March 30th, the paper announced its impending serialization of *Doctor Max* with the headline: "Cancer, The Second Holocaust", and previously, in an interview with the author, they described the Gerson Therapy as "A Di Bella Affair that has been going on for 50 years" (see article, "Italy's Silent Phenomenon" on facing page). We hope all readers who have not yet read this fascinating novel will want to order it as soon as possible.



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Italy's Silent Phenomenon

The health revolution of Professor Luigi Di Bella.

By Margaret Straus



For the last six months an 85-year-old, retired physiology professor with a gentle face, has been making daily front page headlines in Italy. Since 1973, Professor Luigi Di Bella has claimed to have an effective treatment for cancer and found only barriers in his path. Sound familiar?

Then something happened that brought journalists flocking to Di Bella's studio in Modena, Northern Italy, begging for interviews. Suddenly people began to discover that such and such an oncologist has been secretly sending patients to him, that Di Bella has gained a loyal following of grateful patients (numbering in the thousands), and that celebrities have been going to him on the hush. Science or miracle?

After having dedicated numerous articles and inquiries to his method, the magazine *Modena Amica* organized a public meeting with professor Di Bella, held on November 6, 1997. For the first time, since 1973, the professor of physiology, a habitue of international medical congresses, was to explain his therapy to a lay public. "Moby Dick," a popular program of political and social debate, decided to broadcast the press conference with Di Bella after the meeting. The event, originally meant for a public of 600, then gained a TV audience of millions. That was when the incredible phenomenon really began. Dozens of interviews on

news broadcasts followed, along with another "Moby Dick" feature, and countless other TV debates entirely dedicated to Di Bella. Pages and pages of every Italian newspaper featured daily updates on the story of Di Bella's method, along with his persecution by the orthodox medical establishment. Di Bella quickly became a popular hero. His soft-spoken, reserved, modest demeanor, his total dedication to his patients, and the fact that he treats his patients free of charge (inspired by the old-fashioned idea that a doctor's attentions are of such an exalted nature that no fee could compensate them), set him apart from his colleagues in an all too evident way. His patients venerate him and seem to have done most of the promotion themselves.

In Maglie, a provincial town near Naples, a rebellious and warm-hearted judge, Carlo Madaro, began ruling that the expensive medicines necessary for Di Bella's treatment be given to desperate patients free of charge. Judicial chaos took over, as thousands clamored for the treatment. Pharmacists quickly ran out of his medicines, and the unscrupulous charged exorbitant rates. The minister for Public Health, Rosy Bindi, ordered an unprecedented, government sponsored, official trial of the method, involving 3000 patients from 70 regional hospitals. The trials were to have full cooperation and supervision of the protocol by Professor Di Bella and his physician son, Dr. Giuseppe Di Bella.

Oncologists who ridiculed the phenomenon looked very bad, but the medical establishment was not just sitting back idly. In February, a government decree placed the fox among the chickens. Ostensibly, to "protect the public," it allowed doctors to prescribe Di Bella's protocol only after the results of the official trial could be made public. In reply, seventy-thousand patients, relatives, and supporters of Di Bella took to the streets, collectively speaking against the government and cancer establishment, and demonstrating for freedom of choice in

cancer treatment.

In a further attempt to sabotage the official trial, only terminal patients were admitted, and some died before the trials could even begin. The doctors admitted mostly pre-treated moribund cases to try his method, while oncologists mouthed the usual liturgy, "the remissions of Di Bella were the result of previous treatments."

It would take considerably more space than is available here to describe Professor Di Bella's "Multi-therapy" and the rationale behind it. The various elements, individually tailored to each patient, are according to Di Bella's claims, non-toxic, with an emphasis on the cell-growth control functions of melatonin, bromocryptin, and special slow-release injections of somatostatin. In addition, he uses prolactin inhibitors, and MTHF, a vitamin mix of retinoids, carotenoids, vitamins E and C, selenium, and in occasional cases very small doses of cyclophosphamide (a form of chemotherapy). His claims are of a "control" of cancer, a "return to normal life," and "tumor encapsulation." Many patients that have come forward to testify for his method would appear by most criteria to qualify as "cures." It is interesting to note that Di Bella's greatest successes are in areas where the Gerson Therapy has in recent years found results lacking: notably in leukemia's and brain metastasized breast cancer. However, the area where Di Bella admits he has most difficulty, is where Gerson has the greatest success rate: malignant melanoma. It would certainly be interesting for notes to be compared between exponents of the two methodologies.

The parallels between the Di Bella story and Dr. Max Gerson's American experience were not lost on Giuliano DeGo, Italian author of the biographical Gerson novel, *Doctor Max*. DeGo began publishing a series of 15 articles in his regular newspaper column, warning the Italian public of the lengths to which the cancer

(Continued on next page)

Italy's Phenomenon...

(Continued from previous page)

establishment will go to in order to block intruders in their territory. His articles also tell the story of Dr. Gerson in detail. While the role of the press in this whole affair has been under attack by orthodox oncologists, it has at least demonstrated a freedom of public information that the U.S. could well envy.

Meanwhile, experimentation has gotten underway, criticized by Professor and Dr. Di Bella and overshadowed by the government decree. In March, Professor Di Bella traveled to Argentina to explain his therapy to doctors there, but Italy's most powerful oncologist, Professor Umberto Veronesi mysteriously preceded him to meet with his Argentinian colleagues. Di

Bella was snubbed by all but a host of journalists. Brazil and Canada, on the other hand, have offered him facilities for research and freedom to teach his method. The saga continues...

A Note from Charlotte Gerson:

It is interesting to notice that there has been almost no mention of this major event in the U.S. news media. With more Americans facing cancer than anywhere else in the world, it would seem the media have a responsibility to inform their U.S. public about such a thing.

Not until April 18th of 1998, almost 6 months after the Di Bella affair began in Italy, did I see a small mention of it on the local TV news.

Practitioners Training...

(Continued from page 3)

Everyone agreed that this year's Phase I was a great success. We have begun arranging next year's seminars, two practitioners have already undertaken Phase II and we are looking forward to seeing them complete all four phases of this training program. If you know of a physician or nurse, chiropractor or naturopath who might be interested in participating in the future, please ask them to call (619) 585-7607 to add their name to the mailing list for 1999.

We offer our thanks and best wishes to everyone who has taken part in our practitioners' training program and supported the Gerson Institute.



Theresa Soehn, Sandra John, Ming T. Lin, & Kathryn Alexander



Dr. Orzo (Left) and Dr. Mearns (Right) speak with practitioners.

Health News:

from a Gerson perspective...

Organic Air:

Swissair introduces organic food menu to selected flights.

Swissair introduced organic food last month (including organic baby food) on all flights out of Zurich and Geneva. Ulrich Wohn, the director of marketing services, said "it has been a huge success." So successful, in fact, that by the year 2000 the carrier wants 90% of the food and beverages it serves in economy, business and first class to be organic.

This winter, Swissair will add organic salads, next summer organic appetizers and soup, and in the winter of 1998-99, organic snacks, desserts and cold meals will also be added. "The inspiration for serving organic food," Mr. Wohn said, "came from our best customers — those who travel most."

Summer Apple Alert!

Seasonal shortages of organic apples on the way — stock up now!

Because of the importance of apples in the Gerson Therapy, we reprint the following news bulletin annually in our third issue of each year.

The season is fast approaching when organic apples become hard to find. While we recommend various green apples for juices, such as Pippins, Greenings, Granny Smith, Macintosh, etc., it becomes almost impossible at this time of year to find them organically grown. During late June and July, you will be lucky to find organic Red Delicious apples — so there really is no choice, you'll have to use them. Soon, even these become difficult to find, but you urgently need apples.

We have suggested in the past that you find a good supplier of organic apples. Buy and pay for some 10-12 cases of apples, then ask your supplier to keep them in his/her refrigerated warehouse until you call for them. It is also wise to have a few boxes left over for late July and early August when the new crop comes in. These apples are often still too green, and not yet fully ripened. If you have a few of the old crop, you can mix the two varieties and have juice that will not be too sour, nor upset your digestive tract.

Farewell Sedona

Gerson Wellness Center Closes.

It is with great regret that we must announce the closure of the Gerson Wellness Center at Sedona. Unfortunately, demand for a U.S. facility offering the Gerson Therapy did not meet expectations during its first year of operation. Nevertheless, we are optimistic that another clinic will open in the United States in the near future.

The Gerson Institute would like to take this opportunity to offer our thanks and our best wishes to the staff of the Center at Sedona. The Center will always be remembered as a place of great healing and a significant landmark in the history of the Gerson Therapy.