



GERSON™  
**HEALING**  
 NEWSLETTER

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# Migraines

## New Drugs Add Fuel to the Fire Dr. Gerson Extinguished more than Fifty Years Ago

By Charlotte Gerson



"These vicious headaches have been a mystery to doctors, sheer misery for sufferers. Now science is decoding how migraines work, yielding new drugs and restoring lives." That is what *Newsweek* (Jan. 11, 1999) states in a recent issue bearing a cover-story on migraines.

Most of our members and friends know that Dr. Gerson's original problem was migraine. And it was these headaches, being pronounced by his professors as 'incurable,' that sent him on the search for a cure. The time was 1910, before World War I. After an exhaustive search of all then avail-

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# GERSON HEALING NEWSLETTER

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The Gerson Healing Newsletter is published on a bi-monthly schedule (6 times per year) by the Gerson Institute. It is our membership lifeline, and is intended to keep our members and the public informed of various health issues. See our "Membership Registration" form on page 11 to become a member and receive each issue of the Gerson Healing Newsletter (or visit our web-site at the address given above.)

The Gerson Institute is a Proud Member of:



## Migraines

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able literature, he found the first notation that migraines could be improved with a change of diet. Dr. Gerson focused his studies in the direction of diet, and developed what is now, the Gerson Therapy.

Over the many years since 1910, migraine sufferers have been trying a multitude of drugs. The list given in *Newsweek* (Jan. 11, 1999) comprising drugs used by one specific patient is frightening. The patient was given a sheet on which to list these drugs that had spaces for 180 different items! Some of these are: antidepressants, such as Elavil and Zoloft, nausea medications, such as Compazine and Decadron, antihistamines, decongestants, painkillers, such as "Uloral, plain and with codeine." The patient is quoted as saying, "I'm up to around 10 a day - and I've been on morphine for the last three months." The practitioner stated, "30-50 drugs in each case is typical, while my personal record was a patient with over a hundred." With some 25 million Americans suffering from migraines, the cost in drugs, lost work time, and suffering is inestimable.

Migraine is not a simple headache. It is a complex syndrome that usually starts as a one-sided headache involving nausea, with severe eye sensitivity to light and noise. It is assumed that the blood vessels in the brain become dilated. But is it not illogical then to give migraine sufferers a "vaso-dilator"? Sometimes visual disturbances are part of the syndrome. One of my

personal friends, in the course of her migraine, would suddenly lose her vision altogether and be 'blind' for as much as 20 or 30 minutes. This occasionally happened while she was driving on a freeway and she would barely have enough time to pull off the road before her vision failed. A co-worker had severe migraines with serious blurring of her eyesight.

The *Newsweek* article, written by Jerry Adler and Adam Rogers goes into an in-depth study of the theories, problems, assumptions and whether migraines could be hereditary.

Apparently, a specific gene has been identified for just one type of migraine which causes weakness on one side of the body. But migraines cannot be diagnosed from blood tests. The reason is not surprising.

A few weeks ago, I spoke to a physician, a pathologist, who is following the Gerson Therapy for his

own malignancy, and when he questioned the idea of toxicity, I responded, "there are no tests, blood or urine, for toxicity." He thought about that statement a moment, then commented, "you are right, there are none. And it would be so easy to detect toxins..." Medical 'scientists' do not want to detect toxicity, and therein lies the real problem. The list of drugs used by migraine sufferers, as we have seen above, is incredibly long. The average number of drugs must be around 35 or 40 per patient. Also, these do not cure the disease, only serve to suppress the symptoms. Since all drugs are toxic (see the *Physician's Desk Reference*, the PDR, available in the reference section of most public libraries) the level of toxicity in these patients must be enormous. The toxicity begins with food additives, cigarettes, alcohol, etc. Also, since the headaches recur, patients ingest the drugs for many months, usually years. Looking at the finances: we have seen above that some 25 million Americans are known 'migraineurs' and there must be thousands more suffering from severe, recurrent headaches. Multiply all that by the demand for drugs and you have a multi-billion dollar business. Obviously, the drug companies would not be overjoyed to lose that business to coffee enemas!

Women are three times more likely to suffer from migraines than men. So this of course led to the assumption by male doctors that it was a 'hysterical' problem. That idea has been

## TWO FOR ONE

GIFT MATCHING

These days, with a booming economy and low unemployment, employers are doing all they can to control staff turnover. One of the ways many businesses are doing this is by making a 'matching donation' to their employees favorite charity.

If you would like your donation to the Gerson Institute doubled, why not ask your employer about this opportunity. Not only will your employer make a tax-deductible contribution to a worthy charity, but they will also get to express their appreciation of you.

abandoned since men also suffer from migraines, as do children as young as two years of age.

The authors of the *Newsweek* article describe one more useful discovery. Researchers have found that the 'waves of aura of the brain' resemble a spreading depression that "moves like a shadow across the brain". It is my guess that this denotes toxicity flooding the brain inhibiting oxygenation and causing the severe disturbances.

Now let's get back to the Gerson Therapy. Doctor Gerson controlled and cured his own migraines before World War I. His mother had also suffered from these headaches - and so did I when I was just eight years old. Dr. Gerson found that certain foods caused the headaches and he had to omit those. He then was able to reproduce those results in migraine patients who came to his office in Bielefeld (Westphalia, Germany) after the war. We are able to give innumerable examples of people who cleared their migraines with the detoxifying coffee enemas.

When our associate had such severe headaches that I found her resting on the floor in a side room, suffering also with seriously blurred vision, we had a friend take her to an ophthalmologist. With just three questions, he determined she was suffering from a migraine with ocular symptoms. She had already taken four Extra-Strength Tylenol tablets that day without effect. We helped her home, set her up with a coffee enema, and within 20 minutes, her headache and the blurring of her eyes were gone. With an appropriate correction in her diet to include vegetarian, organic and salt-free food, with an occasional coffee enema, she has been migraine-free for many years.

Another lady went to a hospital procciding the Gerson Therapy as a patient suffering from breast cancer. She was given the welcoming introduction, including explanation of how to use the coffee concentrate to prepare an enema. As she was waiting for the doctor to come to see her, she thought that she might as well try the enema. As part of her history, it turned out that at age 44, she had

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# Indoor Air Pollution: Home Sweet Home?

By Susan DeSimone

Indoor air pollution. You can't see it, but guess what? It's there.

The EPA estimates that we spend 90% of our lives indoors. We work, study, eat, drink and sleep in enclosed environments where air circulation may be restricted, thanks to improvements in building structures. "Until about 25 years ago, indoor air pollution was a very limited phenomenon. Since that time, two basic things have changed in the way buildings are constructed. First, thousands of chemicals have been incorporated into building materials. Second, buildings are sealed so tightly that the chemicals remain trapped inside homes, where the inhabitants inhale them into their lungs and absorb them into their skin. Prior to the energy crisis, the typical home averaged approximately one air exchange per hour. Now, in a well-sealed home, the air is often exchanged as little as once every five hours or longer, and that is not enough to ensure healthful air quality," writes Paula Baker, et al in their book, *Prescriptions for a Healthy House* (In Word Press).

There are many sources of indoor pollution, and some are more obvious than others. The EPA lists a wide array of culprits, including combustion sources such as oil, gas, kerosene, coal, wood, and tobacco products; building materials and furnishings, including deteriorated, asbestos laden insulation, wet or damp carpet, and cabinetry or furniture made of certain pressed wood products; products for household cleaning and maintenance, personal care or hobbies; central heating and cooling systems and humidifiers; and outdoor sources such as radon, pesticides and outdoor air pollution.

The inhalation of toxic chemicals may have immediate effects that are quite noticeable, including irritation of the eyes, nose, and throat, headaches, dizziness and fatigue. Symptoms of respiratory diseases such as asthma

may show up soon after exposure to some indoor air pollutants. The EPA, in their booklet *The Inside Story - A Guide to Indoor Air Quality*, notes that "Other health effects may show up either years after exposure has occurred or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease and cancer can be severely debilitating or fatal."

That said, the good news is that you can take matters into your own hands by taking steps to improve the air quality in your home. The EPA recommends eliminating or controlling the source of pollution, increasing ventilation, and installing air-cleaning devices.

## Source Control

Of course the best way to improve air quality is to eliminate the source. Start by replacing all household cleaners and laundry products with biodegradable, natural alternatives. (For some helpful tips on this subject see the supplement at the end of this article, page 5). You can also take simple steps to reduce emissions by setting up your own "toxic zone." This area should be well out of the reach of children (preferably away from your living space). Ensure that the lids on all cans of solvents and paints are safely secured. If you have a pile of hazardous products that are partially full and collecting dust, then why not get rid of them? Don't just throw them away though, check your local government listings to see where toxic household wastes can be disposed of properly.

"Some sources [of indoor air pollutants]" states the EPA, "like those containing asbestos, can be sealed or enclosed; others, like gas stoves, can be adjusted to decrease the amount of emissions."

If you are a homeowner, make sure that you measure the level of radon in your home (call the National Radon

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## Indoor Air Pollution

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Hotline at 1-800-SOS-RADON for more information). Radon is a naturally occurring gas found in soil. While there is no way to avoid exposure completely, steps can be taken to limit exposure. Radon enters homes via dirt floors, cracks in concrete walls and floors, floor drains and sumps. The EPA estimates that radon is responsible for up to 30,000 deaths per year resulting from lung cancer. Smokers who live in homes with high radon levels are 10 times more likely to develop lung cancer than non-smokers. Radon is a potentially greater problem for those rural areas using well water, although the levels vary considerably. Be safe and have your well water tested. (Call the EPA Drinking Water Hotline at 800-426-4791 for more information).

An obvious source of indoor air pollution is environmental tobacco smoke or (ETS). Secondhand smoke is responsible for 3,000 lung cancer deaths each year in non-smoking adults and it impairs the respiratory health of hundreds of thousands of children. Needless to say, the bottom line is: don't smoke at home and do not allow others to do so!

Other potential sources of dangerous indoor air pollution are unvented kerosene and gas space heaters, wood stoves, fireplaces and gas stoves. These sources emit deadly gases such as carbon monoxide and nitrogen dioxide as well as particles that can become imbedded in the lung tissue. A number of toxic elements, including radon and benzo(a)pyrene, two known carcinogens, attach to these small particles. Once inhaled, they become imbedded deep within the lungs. A number of precautions should be taken in order to reduce exposure to these emissions such as the use of exhaust fans over gas stoves as well as an annual inspection of air handling systems, including furnaces, flues and chimneys.

Wall-to-wall carpeting can be another area of toxicity. According to the Carpet and Rug Institute, most manufacturers stopped using formaldehyde in carpeting thirteen years ago, but carpet adhesives and backing contain styrene, a suspected carcinogen which

is the source of the "new carpet" odor. Carpeting contains roughly 120 other chemicals, many of which are known to be neurotoxic.

Biological contaminants such as molds, mildews, bacteria, viruses, animal dander, dust mites and pollen are all potentially offensive.

"Contaminated central air handling systems can become breeding grounds for mold, mildew, and other sources of biological contaminants and can then distribute these contaminants through the home," states the EPA. These critters can trigger allergic reactions, including some types of asthma. Infectious illnesses such as influenza and measles are also transmitted through the air, and mold and bacteria can also cause lung disease when airborne.

In order to minimize the growth of these biological contaminants, make sure that the relative humidity in your home is between 30 and 50 percent. Water and wet surfaces are a haven for molds, mildew, bacteria and insects. House dust mites, a very powerful allergen, thrive in damp, warm environments. It is important to keep your house clean - dust and vacuum often. The EPA states that "house dust mites, pollens, animal dander, and other allergy-causing agents can be reduced, although not eliminated, through regular cleaning. Speaking from experience, I noticed a huge difference in my allergies after investing in a \$300 vacuum with a HEPA filter. My father-in-law, who is visiting was having severe asthma problems, and at one point was nearly hospitalized. Thankfully his problem cleared once we used this new vacuum and dusted the house every other day.

Other steps that can be taken to reduce exposure to these contaminants include the installation and use of exhaust fans that are vented to the outdoors in kitchens and bathrooms. Clothes dryers should always include outdoor vents as well. Also, ventilate the attic and crawl spaces to avoid moisture build-up.

Humidifiers, if not cleaned properly and on a regular basis are also reservoirs for biological contaminants.

Formaldehyde, a known carcinogen, is a chemical found in every home. It is used in building materials such as insu-

lation and particle board and is also present in pressed wood products. It is used in consumer paper products such as grocery bags, paper towels, wax paper and facial tissues. Many household cleaners contain this toxin as well. Recent research conducted by the EPA revealed that formaldehyde is strongly suspected as causing a rare form of throat cancer in mobile home occupants.

Another chemical to be aware of is benzene, which is a known human carcinogen. The main sources of this toxin are gasoline, oils, paints, plastics, and rubber. It is also used in the manufacture of detergents, pharmaceuticals and dyes. Benzene has been linked to leukemia, cataract formation and diseases of the blood and lymphatic system.

### Keep it green and clean!

Thankfully, Mother Nature, in her innate wisdom has provided us with a beautiful solution to our toxic woes. Two hints: it's green and leafy!

NASA researchers have confirmed that many common houseplants can remove formaldehyde, benzene and carbon monoxide from the air. "Philodendron, spider plant and the golden pothos were labeled the most effective in removing formaldehyde molecules. Flowering plants such as gerbera daisy and chrysanthemums were rated superior in removing benzene from the atmosphere. Other good performers are Dracena Massangeana (Corn Plant) and Spathiphyllum (Peace Lily)." [excerpted from the zone 10 web site: [www.zone10.com/wsdocs/tech/nasa/fyh.htm](http://www.zone10.com/wsdocs/tech/nasa/fyh.htm)].

Go visit your local nursery and treat yourself to one life's simple pleasures. Make yours a home sweet home. ■

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someone you care about.

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for as little as a \$25 donation!



## THE UNHEALTHY HOME

**Improving Older Homes:** The risk of exposure to asbestos, carbon monoxide, and lead is higher in older homes. To reduce your exposure:

- Cover exposed asbestos in plastic and/or duct tape to provide an air-tight seal.
- Never disturb damaged asbestos; have it removed by a professional.
- Service furnaces regularly to reduce carbon monoxide leakage.
- Install a furnace draft fan to reduce back-draft risks.
- Have lead paint removed by a professional.
- Use a home water filter to reduce lead exposure from pipes.

**Improving Newer Homes:** The simplest way to reduce exposure to indoor air pollutants in modern homes is to improve ventilation. To do so:

- Install window and ceiling fans throughout your home.
- Use exhaust fans in kitchens and bathrooms.
- Open windows for 15 minutes twice a day to bring in fresh air.
- Use nontoxic building materials for repairs and new construction.
- Install a basement ventilating fan if you live in an area where radon is a problem.



## THE HEALTHY HOME

Homes can be made more healthful by combining the use of traditional natural materials with new non-toxic products. When renovating or beginning new construction:

- Seek out furniture and floor coverings made from natural fibers.
- Use cotton or wool area rugs instead of wall-to-wall carpet.
- Select linoleum or wood flooring instead of vinyl.
- Use solid wood or metal for shelving or counter tops.
- Install energy-efficient insulation made from wool, cotton, and concrete.
- Use environmentally friendly paints that contain lower amounts of solvents and biocides.
- Install formaldehyde-free fiberboard as underlayment for countertops, shelves, or tables.
- Select an energy-efficient furnace.
- Install a heat recovery ventilator to improve air quality and increase energy conservation.

## Healthy Home Resources

**The Inside Story: A Guide to Indoor Air Quality.** Available through the Indoor Air Quality - Information Clearinghouse, which is sponsored by the Environmental Protection Agency. Call (800) 438-4318 or (703) 356-4020 Fax: (703) 356-5368 e-mail: [iaqinfo@aol.com](mailto:iaqinfo@aol.com) or write to the IAQ at: PO Box 37133, Washington, D.C. 20013-7133. This organization distributes EPA publications, answers questions on the phone, and makes referrals to other non-profit organizations. You can also download this booklet from their web site at: <http://www.epa.gov/iaq/pubs/inside-st.html>

**Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners** by Paula Baker, AIA, Erica Elliott, MD and John Banta - In Word Press, 2350 Camino Entrada, Santa Fe, NM 87505, 1998, paperback, \$29.95.

**ECO of New York**, 190 Willow Avenue, Bronx, NY, 10454. An eco-friendly Home Depot® style home-improvement store. Will send a brochure of their product line upon request.

**The Natural Choice**, 1365 Rufina Circle, Santa Fe, NM 87501; (505) 438-3448. Natural stains, paints, finishes, preservatives, waxes, cleaners and art materials. Be sure you visit their web site at: <http://www.bioshield.de>

**Sutherland Carpet Mill**, 1701 Sierra Bonita Drive, Placentia, CA 92670; (714) 447-0792. Owner: Gary Sutherland. A low toxic carpet manufacturer - they also carry linoleum made from all natural ingredients. They ship worldwide.



## Gerson Patient Support Network

Many patients have expressed to us the need to be in contact with others who are on the Gerson Therapy. For this reason we are starting the Gerson Patient Support Network. Patients of Gerson treatment centers as well as those doing the Gerson Therapy on their own are welcome to participate.

If you wish to have your name added to this list and also receive the names of other patients, please fill out the form below and return it to us.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Country: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_

e-mail: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

When did you start the Gerson Therapy?

(month) \_\_\_\_\_ (year) \_\_\_\_\_

I am on:  The full, intensive Gerson Therapy

A Modified Gerson Therapy

RELEASE AND AUTHORIZATION FOR DISCLOSURE AND DISTRIBUTION

\_\_\_\_\_, as individual, authorize the Gerson Institute, a non-profit organization in Bonita, CA, to disclose my name, address, telephone number and diagnosis to other interested parties undergoing the Gerson Therapy, and to add my name to the Gerson Patient Support Network.

Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Defeating Diabetes

## The cause and cure of Type II (adult onset) diabetes

By Charlotte Gerson

Type II diabetics generally do not have actual pancreatic under-activity. Most of such patients have adequate insulin in their blood stream. According to research published by Pritikin, the problem such patients have is that the insulin in their blood stream does not reach the insulin receptors in the cells. These receptors are blocked by cholesterol. In other words, type II diabetics suffer from cholesterol blockage of the insulin receptors in their cells.

The Gerson Therapy is ideally suited to overcome this problem. It is entirely free of cholesterol, it helps the liver to eliminate cholesterol production, and by the use of flaxseed oil, the cholesterol deposits are dissolved and carried off. As a result, large percentages of Type II diabetics can cut down on insulin within 2-4 weeks and can eliminate it entirely within 6 weeks.

At the start of the Therapy, patients need to be carefully monitored. Furthermore, at the time of healing reactions, insulin administration may need to be temporarily increased. The Therapy also needs to be adjusted to diabetics: some of the carrot/apple juices are replaced with green leaf juices; fruit plates are replaced with cut up fresh vegetables (carrot sticks, celery sticks, cauliflower heads, cherry tomatoes, green pepper strips, etc.) and their meals are adjusted. They receive no more than one potato a day and in severe cases, eat raw salads in the place of oatmeal with stewed fruit for breakfast. They also receive grapefruit juice at breakfast in the place of the usual

orange juice. 3-4 tablets of chromium piccolinate (200 mcg each) are added to their medication.

It is strongly advised that all diabetic patients using the Gerson Therapy seek medical advice from an experienced Gerson physician due to the need for careful monitoring as well as the need for major modifications.

One of the most severe cases of diabetes we have seen was a man of 42. At age 38, he had suffered a massive heart attack. His blood pressure, with medications, was running around 240/120 (normal should be 120/80). His blood sugar was uncontrolled in spite of medications such as insulin and dihanese. His weight was over 300 lbs. with a height of 6'2". He also was on drugs to suppress gout. If he stopped the drug for only one day, he would suffer a severe outbreak.

Treated with the Gerson Therapy, first of all, this patient lost one pound a day without skipping a meal, nor having any hungry moments but consuming the Gerson juices and meals, modified for his condition as above. In 5 weeks, his blood sugar was normal without the use of insulin or other medication except chromium piccolinate. His gout medication was discontinued from the first day and he had no further gout attacks. His blood pressure came down within a few weeks and he was able to completely cut out blood pressure medication. In about 2 1/2 months, he reached his normal weight of 200 lbs. ■

### Notable Quote:

The next time you're out, see if the following isn't true:

**"At the airport (or at the beach) a bottle of water costs \$2.; but if you add sugar, color, flavoring, carbonation and caffeine, the price goes down to 65 cents."**

— from *New Age Magazine*, by Bob Genovski



# Melanoma: Still Being Defeated!

Two patients speak about their success with the Gerson Therapy

By Irene Stananought, Evelyn Oberlander and Charlotte Gerson



Irene Stananought, written January 1999

In March of 1996, I noticed my eyes became very yellow. A brown spot showed up on the inside of my left knee, followed by a black mole.

I visited my family doctor twice. He said the mole did not look serious. Four months later, I went for a general check up. My doctor looked at the mole and sent me to a specialist (Dr. J. Robert Madronieh). Nov. 17th the mole was removed, biopsied, and diagnosed as nodular malignant melanoma, Clarke's Level III. A second operation took place on Nov. 18th 1996, a deep excision, and the report stated that "all malignancy was removed."

On a follow-up visit, the specialist informed me that I should come back every three months for a check-up. I asked, "why do I have to come back every three months if you removed all the cancer?" He said, "to see if the cancer had spread to the lymph nodes." I asked, "how do I stop the cancer from spreading?" He stated, "it's up to your immune system." I asked, "how do I improve my immune system?" He just looked at me and did not answer. That is when I decided to take my life into my own hands.

[It is my guess that the specialist had never been asked how to improve one's immune system before, and had

possibly never thought about it. Of course, he also didn't have any answer. Ed.]

Six months prior to this I met a retired dentist who told me her story of a brain tumor 10 years ago that was cured through diet and coffee enemas. She did not do the Gerson program but something very similar. I went to visit her and she told me about the Gerson Therapy and loaned me the book, *A Cancer Therapy*, by Dr. Max Gerson. She had also attended a couple of Charlotte's seminars.

After reading the book over Christmas, I decided to attend the Gerson clinic in January 1997.

Most of the flare-ups happened during the first 18 months. The first year was the worst as my body detoxified. I had constant burning in various parts of my head. In July, 1997, I felt a tearing on the right lung and a year later severe burning in the same area. I think I may have passed a small tumor. It was ten months before my food started to digest. I remember the sweet odors after each coffee enema. Christmas, the following year I was really sick, almost passing out, I could hardly walk. The coffee enema on Christmas eve finally released chemicals from my liver and after that night I started to feel great. It is amazing the various areas of the body that required detoxification and healing.

When I was a child we had a summer home where a neighbor sprayed DDT twice a summer to control the bugs. My liver must have been overloaded with chemicals from DDT and the many other chemicals contained in food, etc.

After the first year I started to feel my body slowly growing stronger and healthier and my energy has increased tremendously. My immune system has strengthened and I am not troubled by viruses. If I do get one, it is minor and gone quickly.

When I first started the Gerson

program, two years seemed forever. Now two years later, I feel better than I have for 20 years. I see Dr. Max Gerson becoming more recognized in many of the articles I read today. Thank you to Dr. Melendez and Charlotte for your guidance and support and mostly for saving my life. ■



Evelyn Oberlander, written January 1999

In 1980, Evelyn noticed a mole on her arm, between her elbow and her wrist. She saw that it was growing 'bigger and bigger.' She had a swimming pool and had been lying in the sun all that summer. Later that year, she went to the doctor and a biopsy was done at the West Penn Hospital in Pittsburgh. It was diagnosed as "Stage 3 - superficial spreading melanoma." She then had a deep excision with a subsequent skin graft.

After the surgery, her son told her of the "Freedom of Choice in Medicine" group and she also found the book, *Cancer Winner* by Jacquie Davison. At that point, in June 1980, she started the Gerson Therapy on her own. Only in October 1981 did she go to the Gerson Therapy Hospital in Mexico to make sure she had the right medications and all details of the treatment.

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Want to know more about the Gerson Therapy?  
go to: [www.gerson.org](http://www.gerson.org)

## Melanoma: Still Being Defeated!

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Evelyn writes: "My whole family was involved helping with my juices and food preparation every day. Without their help, I know I could not have continued with this Therapy. The search for organic food was also a constant job.

"I stayed on this for 5 years, gradually decreasing my juicing to a certain point and have continued at that level up to now.

"I had a bone density test taken 4 years ago and was told that the density of my bones was that of a 35 year old. I attribute this to the fresh vegetable juices I have taken all these years."

In time, her skin graft was barely visible and she remains clear of melanoma, now 18 years later. She is still doing at least one carrot and one green juice daily and watches what she eats.

Now, at 70, she is not entirely well. She has "Hashimoto's disease," (thyroiditis) diagnosed about 5 years ago and had part of her thyroid removed. But she is functioning well, traveling and enjoying life. ■

## Migraines

continued from page 3

suffered all her life from extreme headaches (possibly migraines) starting with her first period. The only drug that just took the edge off the pain was Excedrin®. But nothing took all the pain away, for 31 years!

She took the enema as instructed, emerged from the bathroom some 20 minutes later - and for the first time since her teens was free of headaches.

My own migraines are long gone but I could easily activate one if I ate only one bite of a hot dog - or any other spiced meats or sausage. Of course I don't and I have been free of migraines for many decades. ■

# Alternative Medicine: Is the AMA Finally Catching On?

Part 2 of 2

By Howard Straus

Continued from *Gerson Healing Newsletter*,  
Vol. 14, No. 1, 1999

### Financial Incentive:

Prevention is becoming exceedingly important to today's more informed, health-care consumer, and allopathic medicine is having a hard time coming to terms. For an industry that believes in treating symptoms while ignoring the prevention of disease, this new challenger promotes prevention as a means of eradicating symptoms and disease. In conventional minds, the sicker the patient is, the more there is to do to them. The greater the illness, the more willing they will be to surrender all their judgement and money to the physician, the industry and to the drug companies.

Treating symptoms without addressing the whole cause of the disease, is nothing more than blowing out the match that started the fire. In old China, we are told physicians were paid only as long as their 'clients' remained healthy! Imagine how much suffering would be avoided if our healthcare system were on such a reward basis with today's doctors. The heart of the problem, is that prevention is not a lucrative cause for big business.

### Overall Public Attitude towards the Medical Profession

Unfortunately, attitudes held by the medical industry toward alternative medicine is still one of scorn rather than open-mindedness, exclusion rather than curiosity. The alternative health industry is not asking for blind faith and acceptance, it is only asking for a fair hearing and unbiased tests. In *Gerson Healing Newsletter*, Vol 12,

No. 4 (July-August 1997) we reported on research of St. John's Wort, published in *Newsweek* of May, 5, 1997.

This herb, used for some 2,000 years, is finding many doctors and psychiatrists' favor because it works. By the middle of 1997, physicians were writing some 3 million prescriptions per year, which is 25 times the number they wrote for Prozac®. St. John's Wort causes virtually no side effects (outside an occasional upset stomach in less than 2% of users), while its pharmaceutical equal, Prozac, regularly causes such serious side effects as insomnia, weight loss and sexual dysfunction.

### Public vs. Private Attitudes of Health Professionals:

Public and personal attitudes of doctors tend to be at odds. In a recent survey of 1,297 health care professionals from Florida's six health science center schools, 52% of the 764 who responded, said they had used one or more alternative therapies at some time in their lives (*J-AM-L*, 1998;280:1563). This parallels the proportion of lay respondents using alternative methods given a similar survey. It seems as far as their own health is concerned, medical professionals, like the rest of us, use the method that works best for them.

Despite the apparent peer-pressure in conventional medical practice, some 125 medical schools now offer 'for credit' courses on alternative medicine. Another indicator of shifting attitudes in doctors' personal views, is the large percentage of physicians who have referred patients to alternative therapists.

Like most patients, few consumers of alternative medicine discuss it with their physicians, who tend to ridicule



the choice when asked. Patients do not respond with openness to ridicule, and the next time they are asked, probably do not mention it.

#### **Advertising vs. Superior Product:**

Allopathic practitioners are still not facing the fact that if they had a superior product, there would not be such stiff and increasing competition from herbs, acupuncture, nutrition, chiropractic and aroma therapy. If a physician could prevent, or even cure their illness, patients would not look elsewhere.

By now, most Americans have experienced the death of one or more friends, relatives or acquaintances by cancer and its conventional therapies. Many have vowed not to use these horrendous treatments, if at all possible. Propaganda cannot erase the pain, family anguish, and horrendous financial consequences of a long-term, chronic degenerative disease.

#### **Herbal Medicine Article (Time Magazine):**

An article on herbal medicine titled "Herbal Healing" (*Time* magazine, Nov. 23, 1998), was carried not in the medicine section of the magazine, but in the business section! The article ridiculed herbal medicines, while admitting mainstream pharmaceutical companies are only now beginning to recognize herbal medicines as a lucrative and growing industry.

In September 1996, *Time* magazine printed a "special issue", a 92-page issue on the current state of medicine. This issue contained 32 pages of full-page, four-color advertisements for pharmaceutical drugs, from Glaxo-Wellcome. The stifling presence of pharmaceutical ads turned *Time's* presumably objective reporting into a thinly disguised sales brochure for drug companies.

There was, of course, the mandatory negative article on alternative therapy. Nevertheless, big business has

finally sniffed profit in an industry *Time* says brings in \$1.5 billion annually, and is growing at a 15% annual rate. That kind of market can tempt even the most skeptical of drug companies to join the herbal frenzy.

#### **Motivation to Test Herbal Medications:**

"Research on herbs has lagged in the U.S. because companies have little incentive to spend \$500 Million on 10 to 15 years of tests - as pharmaceutical companies typically do to check out new medications. Unlike drugs, most herbal preparations can't be patented." (*Time*, Nov. 23, 1998).

There is little, if any mention of the AMA or FDA conducting such tests to prove or disprove the effectiveness and safety of herbs and other natural remedies. Lacking controlled and precise studies, physicians, *JAMA*, and yes, even *Time* magazine, cast vague or anecdotal doubts on time-honored remedies. Since they have not been tested, they could not possibly have been proven dangerous.

"[*Newweek*, in an article titled "Cancer and Diet" (Nov. 30, 1998), says "Researchers have started discovering dozens of new chemicals in common fruits and vegetables. And in test tube and animal studies, these obscure compounds were showing a remarkable ability to disrupt the formation of tumors. Today our knowledge of these compounds is exploding.]"

Herbal medicines have no big money sponsors at the moment, but when they do, the commercial media will follow the money, and tout them as enthusiastically as they now sneer.

#### **Alternative Medicine Needs Testing Protocols**

One of the major historical deficiencies of alternative methods is that there has been no uniform, formal protocol for testing and demonstrating their effectiveness. It may be impossible to do a double blind study of the Gerson Therapy as it may be with most holistic therapies. How do you give a patient something that looks and tastes like organic carrot or green juice, but is not? How do you do double blind coffee enemas? How would you fake organic, vegetarian, salt and fat-free meals?

Most alternative holistic therapies

involve a large measure of patient participation, as well as education by the practitioner, so blinding is quite impossible. Besides, administering a "placebo" treatment would not be ethical.

It is much more important to secure funding for real, thorough and scientific research into alternative methods. Most importantly, standards must be set for long term outcome studies that would easily prove the effectiveness of holistic therapies in a way that it would satisfy the "scientific" allopathic world. It could develop into a parallel scientific field, not integrated with the methods used by allopathic medicine, but just as valid, statistically and methodologically, for true comparison.

#### **Malpractice Advantages**

Conventional practitioners take note: one great advantage to using alternative medicine is that malpractice claims against alternative practitioners are few, injuries claimed are less serious, and settlements cost far less than those for conventional medical doctors (*JAMA*, 1998;280:1610). Lower instances of claims also create much lower insurance coverage costs.

Patient satisfaction plays a large part in this phenomenon. The increasing willingness of patients to pay for alternative remedies and care out-of-pocket, indicate their strong belief in alternative treatment.

Over the past few years, insurance companies have become more forthcoming about paying for alternative therapy, and we find once again, consumer demand is driving the industry. Another reason more insurance companies are warming up to alternative medicine claims, is that the preventive care leads to fewer and smaller claims than they encounter with conventional medicine. It is ultimately much cheaper for insurance companies to pay medical costs for a patient taking preventive measures, in contrast to the high cost of claims made by people who think little of their health until they're in the operating room.

The "don't fix it if it isn't broke" attitude of allopathic medicine is a deadly and expensive way to approach healthcare. The only true way to defeat disease is through prevention! ■

### **Don't Miss Our Next Issue:**

Soy! Too Good to be True  
Healing Heart Disease Through Diet  
Heart Attack Treatment Revisited  
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Gerson Patient Support Network form on page 6 of this issue.

**Canada** - Contact Jacqueline Scanes in Burlington, Ontario  
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**Australia** - Contact Stella Ashton in Sutton, NSW  
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**England** - Contact Lesley Pearce in Surrey, England  
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## Health News

# Alternative Treatments Put to the Test

By Lauran Neergaard, ASSOCIATED PRESS  
and Susan Duerksen, S. D. U.-T. STAFF WRITER

WASHINGTON - It's an ancient Chinese remedy that many U.S. doctors will find bizarre: heating the herb mugwort next to the little toe of a pregnant woman to help turn her baby out of the risky breech position just before birth.

But when thousands of doctors this week open the *Journal of the American Medical Association*, they'll find a scientific study that says the Chinese therapy really works and Western women should try it.

In one of the first attempts to rigorously scrutinize the alternative medicine therapies that an estimated four in 10 Americans now try, the journal judged alternative remedies that were subjected to strict scientific study - and found that, just as in conventional medicine, some work and some don't. Chinese herbs helped irritable bowel disease, a painful problem for thousands of Americans that Western medicine doesn't always relieve.

But chiropractic spinal manipulation didn't help tension headaches. Yoga might help fight carpal tunnel syndrome, but acupuncture failed to relieve nerve pain in HIV sufferers.

And a palmlike plant called saw palmetto seems to shrink an enlarged prostate, but the herb *Garcinia cambogia*, sold in over a dozen herbal weight-loss products, didn't help the overweight shed pounds.

About 83 million Americans try alternative therapies, everything from unregulated herbal mixtures and megadose vitamins to massage therapy and acupuncture, one study found.

That's 25 percent more people trying alternative remedies than in 1990.

So scientists have an obligation to separate the effective therapies from the quackery. Dr. George Lundberg, JAMA's editor, said yesterday

"There is no 'alternative' medicine. Treatments either work or don't," he said. "We are opening the door to what we hope is an important flow of information between different cultures in subjects that matter to people." Take that Chinese remedy for feet-first breech births, a treatment called moxibustion. "It is bizarre," Lundberg acknowledged. But "the data for this trial is really very good." ■

- From an ASSOCIATED PRESS news story published in the SAN DIEGO UNION-TRIBUNE, November 11, 1999.