



HEALING

NEWSLETTER

ESSENTIAL BIMONTHLY HEALTH NEWS FOR GERSON THERAPY PATIENTS AND HEALTH CONSCIOUS INDIVIDUALS — FROM THE GERSON INSTITUTE

A Banned Pesticide

Chlordane in your Garden?

by Charlotte Gerson

Chlordane, developed after bugs developed a resistance to DDT, is composed of over 50 different chemicals. It mimics estrogen and it was banned in the U.S. over 50 years ago. But the ban specifies for the manufacturer: stop producing it **or** export it. It continued to be produced and exported to Mexico where it was sprayed on food crops exported back to the U.S.

According to the Agency for Toxic Substances and Disease Registry, almost every human on earth has chlordane in their fat and there is no way to get it out. Losing weight simply concentrates the poisons in the remaining fat.

The worst problem is that before it was banned, millions of tons of chlordane were put into the ground around house foundations to kill termites. The half life of chlordane in the soil is 22 years (so it takes about 40 years to degrade). That means that if you plant a vegetable garden next to your house without using spray or pesticides, you might end up with a dose of chlordane on your dinner plate.

Researchers in Connecticut made an
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Lawrence Kirk:

Twelve Year Recovery from Pancreatic Cancer

by Charlotte Gerson

Long-term subscribers to our *Healing Newsletter* will remember the story of Lawrence Kirk, published in Vol. 19, #1, Jan/Feb 2004.

Lawrence was born on the now fateful date of Sept. 11, but in the year 1938. He is currently 68 years old.

In 1993, during a regular annual check-up, the doctor felt "something" in Lawrence's abdomen. They were unable to get a good picture at that time. However, by summer of 1994 he had lost 24 pounds and a lot of energy. An early diagnosis and drugs did not settle his problem, and only in November of 1994 a mass on his pancreas was seen on a CT scan. The doctor explained to Lawrence that he had pancreatic cancer and that neither surgery nor radiation would work. With an additional discouraging report, the patient's wife, Ruth, looked for "a better way" to deal with the situation. They found the Gerson Therapy and, after talking to a recovered patient, they decided to come to the Mexican Gerson Clinic.

After 20 months on the Gerson Therapy, a new CT scan showed no tumors. The doctor and nurse examining Lawrence

and checking his records were amazed that, though he had received no surgery, radiation or chemotherapy, he appeared clear of cancer. After five and a half years on the Therapy, another CT scan showed 'clear'. However, a few months later, Lawrence injured his back, crushed a vertebra which caused severe sleep disturbance since he was unable to turn without waking up from the pain. The doctor assumed that he had pain from "recurring cancer", but the MRI scan was clear; only a later body scan showed the fracture to T11. With the ongoing Therapy, the vertebra healed.

Now, 12 years after his diagnosis, Lawrence is doing very well, helps his wife part-time in her book business, does some gardening, and looks after his aging mother. He continues taking five juices daily, one coffee enema every day and eating almost exclusively organic Gerson food. He and his wife visit restaurants very rarely and he wants to stay close to the Therapy because "I feel good."

Lawrence told us he feels that "It is important to keep in touch with Gerson doctors after a patient recovers."

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We meet Prof. Takaho Watayo, MD

Top Japanese Surgeon Uses Gerson Therapy, Publishes Research

by Howard Straus, Editor

On Tuesday, August 29, we had the great pleasure of making the acquaintance of Dr. Takaho Watayo, recently appointed to the post of Professor of Clinical Medicine at Chiba Medical School, in addition to being one of Japan's most prominent surgeons and Subdirector of the Ohtsuna Hospital in Tokyo. He came to San Francisco with his lovely wife Chikako, and we drove up from Carmel to spend a couple of hours with them.

Prof. Watayo has a special significance to the Gerson Therapy, as he is one of the two Japanese Professors of Medicine who are doing long-term scientific studies of the Gerson Therapy in Japan. The other is Prof. Yoshihiko Hoshino, M.D., who healed himself of colon cancer with liver metastases over 15 years ago using the Gerson Therapy, and has since compiled records on over 500 cases of advanced cancer treated by the Gerson method.

Prof. Watayo is a great admirer of Prof. Hoshino, as well as being one of Japan's top surgeons, highly respected and with a great appreciation for scientific method and proof. He told us, "Dr. Gerson's words are like the words of God to us." We had to remind him of Dr. Gerson's very humble

nature, unassuming and modest. Dr. Gerson would most certainly have been embarrassed at such a statement. But Prof. Watayo and Prof. Hoshino are compiling the data and records that are leading to incontrovertible proof of the efficacy of the Gerson Therapy. The results that they have documented to date are far better than those of any currently accepted allopathic medical treatment for cancer. In Steve Kroschel's newly released documentary "Dying to Have Known", Prof. Watayo calls the results he is seeing, "Magnificent, magnificent!" Prof. Hoshino's very existence today, 16 years after a diagnosis of colon cancer with liver metastases, is a shining testimonial in itself. He has written a book about healing himself plus a dozen other cancer patients using his understanding of the Gerson Therapy.

Over lunch, Prof. Watayo presented us with compilations of his work relating to the Gerson Therapy in Japan, beautifully bound in small albums, along with pictures of some of his patients. One of these

patients, a woman whose large liver metastases disappeared within six months on the Gerson Therapy, was to be presented at Charlotte Gerson's lecture to the Cancer Control Society convention in Universal City over the Labor Day weekend. In return, we presented Prof. Watayo with printouts of every one of Dr. Gerson's publications, some dating back before 1910, along with CDs of the Long John Nebel interview with Dr. Gerson from January 15, 1957, the only known recording of Dr. Gerson's voice.

In a matter of three weeks, we shall be on our way to Japan to deliver a lecture to the Cancer Control Society (Japan Chapter) convention in Tokyo (see related article, p. 7), and will be introducing Prof. Watayo to the assembly. We hope to meet Prof. Hoshino, and visit the newly opened Gerson Therapy clinic in Tokyo. This is a very exciting time for the Gerson Therapy in Asia, and in the whole world, as respected and senior medical professionals begin to experience and research the excellent results that the Gerson Therapy has been producing for nearly 80 years.

This Christmas, give the gift of healing throughout the year: a subscription to the Gerson Healing Newsletter keeps on giving.

Publication Schedule

The Gerson Healing Newsletter is published bi-monthly by the Gerson Institute. It is our membership organ, and is intended to keep our members informed of health issues surrounding the Gerson Therapy, including political developments, case histories, clinical notes and recent literature having a bearing on nutrition and health.

Members receive the Gerson Healing Newsletter six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of \$30.00 or more (foreign memberships \$35.00) to The Gerson Institute.

Gerson Institute Wish List - Can You Help?

- Webcam
- Video camera
- Video capture device
- Digital camera
- Access Programmer volunteer
- Graphic Artist volunteer
- Website volunteer

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Howard D. Straus, Editor

Please address all letters and comments to:

The Gerson Institute
1572 Second Avenue
San Diego, CA 92101

☎ (619) 685-5353 fax: (619) 685-5363

e-mail: mail@gerson.org

URL: <http://www.gerson.org>

Anita Wilson, Executive Director
Carol Beard, Dir. Professional Services
Kayla Smith, ND, Medical Director
Diane Ake, Resource Development Spec.
Nan Southern, Client Services
Barbara Conde, Client Services
Barbara Garcia, Client Services
Erinn Snively, Client Services
Marta Veronica Garcia, Client Services
Blanca Ayala, Client Services
David Herbert, Chef

FOOD HUMOR, ACTIVITY, GRATITUDE, NORMAN FRITZ

People are like Potatoes!

- Some people never seem motivated to participate, but are content to watch others
They are called "Speck Tators."
- Some are always looking to cause problems and really get under your skin ...
They are called "Aggie Tators."
- There are those who are always saying they will, but somehow, they never get around to doing ...
We call them "Hezzie Tators."

I thought it would be fun to start a tradition of sharing Gerson Food Humor ... I recall Charlotte's story about a patient who said, "I can't stand to look another potato in the eye". That was the motivation behind this idea... please send us your quotes or quips.

Lots of Activity

We, as usual, are maintaining a very high level of activity - having just completed the 4th session of the Charlotte Gerson Health Restoration Center (CGHRC), finalizing plans for the October 27-29 Caregiver Course in San Diego, Ca, selling tickets for the November 11th showing of "Dying to Have Known" in Encinitas, Ca, and processing patients for our Gerson clinics. We also have openings for our November session of the CGHRC.

Gratitude

We are deeply grateful to so many people and would like to thank the following: Howard Straus, our Editor, for the time and energy expended in a most successful trip to Japan; to Charlotte for her October trip to Joliet, Il where she spoke to an overflow crowd, for our returning and new advertisers in the newsletter who are dedicated to providing good customer service to our patients, to our hundreds of members who so faithfully support this work via their annual dues and recently for their additional donations for our online caregiver course, for the many volunteers who work weekly at our office and those who travel far to serve as caregiver interns in our wellness center or who help with special events and projects, for our small and mighty Gerson staff and Board who accomplish an amazing amount of work because they care so deeply for those who need us.

We will soon be making an announcement about plans for a public celebration of Charlotte's 85th birthday in March of 2007. This will be an opportunity to further strengthen and broaden the foundation for this world wide healing work while honoring this vibrant, dedicated international icon of life saving passion and dedication.

Blessings for the upcoming holiday season,

—Anita

In Memoriam

Norman Fritz (1924–2006) **Co-founder of the Gerson Institute**

Gerson Institute Co-Founder Norman Fritz passed away in the middle of September just a few days after his 82nd birthday. For the past thirty years, Norman had been active in the alternative health movement, specifically in the work of the Gerson Institute.

Norman was involved with organizing a health convention of the IACVF (The International Association of Cancer Victims and Friends) in San Diego when he invited Charlotte Gerson to attend and present a lecture on the Gerson Therapy in 1972. While he was employed as an aero-space engineer with Rohr in San Diego, he devoted his spare time to promoting health programs. He soon left his regular job and worked exclusively for the Gerson Institute. He helped to organize the first Mexican Gerson hospital, assisted in many lectures and conventions all over the U.S., and videotaped speakers and recovered patients.

After he retired from the full time work at the Gerson Institute, Norman remained active as the President of the Cancer Control Society up to his death.

Diane's Blurbs

by Diane Ake, Resource Specialist

Product Resources List

Do you want to know where to purchase Gerson supplements, juicers, organic coffee, enema buckets, waterless cookware, water and air purifiers, safe building materials and more? Check out our Gerson Institute Product Resources List. To get your free copy, email or phone our Client Services Department: info@gerson.org or (888) 443-7766.

Advertising Opportunities

Do you know of a business with health products beneficial for Gerson patients? The Healing Newsletter has more space open for advertisers.

Qualifying businesses can also advertise on our Product Resources List and submit flyers or brochures that are enclosed in every Gerson brochure that is mailed or distributed to the public throughout the year. For more information, contact Diane Ake at dake@gerson.org, (888) 443-7766 ext. 109.

Your Source for Enema Therapy Coffee

Royal Blue Organics offers Cafe Mam: certified organic, fairly traded coffee, shade grown by indigenous farmers in Chiapas, Mexico. Ask for Light Roast. (888) Cafe Mam, Royal Blue Organics, PO Box 21123, Eugene, OR 97402 cafemam.com

Internationally known tenor, David Gordon:

Gerson Therapy Saved My Career, My Life

by David Gordon, as told to Howard Straus

I first met David Gordon when we were both singing at the Carmel Bach Festival in 1991. In response to his complaints about acid reflux irritating his vocal cords, I suggested he look at Dr. Gerson's book, A Cancer Therapy, because of Gerson's beneficial effects on that problem.

Here's his story of what happened next.

In 1986, my career as a professional singer was starting to take off. I was getting gigs around the country, and overseas, and, the years of hard work were finally beginning to pay off.

But I had a problem that was becoming quite serious. I would travel to some location remote from my home base, get a hotel room, have a great rehearsal, but before the performance, would too often get an attack of acid reflux. That is a serious enough problem for anyone, but in a profession where one depends on the optimum quality of one's voice, it was a catastrophe. The stomach acid would irritate my vocal cords, often to the point where I had to cancel my performance.

A professional cannot last long when he cannot be counted on to show up in shape to perform, and this condition was threatening my career. I saw physician after physician, but despite their best efforts and a staggering variety of drugs and antacids to combat the problem, the problem worsened. In addition, the drugs were having increasingly unpleasant and even dangerous side-effects. One drug that was prescribed for me would have had a 10% chance of giving me Parkinson's Disease after six weeks of use!

I cast about for another means of controlling the problem, and ran across a promising reference to the Gerson Therapy, but did nothing about it.

The problem with being a performer in classical concert settings is that by the time the performance was over, I was at once very hungry and totally pumped with the adrenaline rush of the performance, the

applause, the entire intense experience. But typically, it would be eleven o'clock at night or later, and there would be nothing open but a Denny's or some other all-night fast-food place to eat. Not having made the connection between eating junk food and getting acid reflux, I would stoke up on food that I now know was actually *causing* my problem.

At this critical juncture in my life, when powerful pharmaceuticals had failed to help, and my physicians, stymied, were suggesting *surgery*, I signed on for my first season with the Carmel Bach Festival, a world-class music festival held in the beau-



Photograph Courtesy Bob Stone, Carmel, CA

tiful seaside resort town of Carmel, California. One of the first things that I did there was to cancel a rehearsal because my vocal cords were irritated by the persistent acid reflux. The problem had gotten so bad that I was considering the possibility of giving up the beloved career that I had worked so hard and long to develop!

The Festival staff, ever helpful, referred me to a local physician, since mine was a continent away. After a ten-minute interview, and *without even examining me*, this doctor wrote me a prescription for a drug that he said I should be taking indefinitely. When I looked at it, I recoiled in shock! It was the same drug that had a decent chance of disabling me forever with Parkinson's Disease. I crumpled the pre-

scription up and threw it in the first trash bin I saw.

However, I still had my problem.

That afternoon, there was one of the Festival parties thrown by a local supporter for the cast, and I attended. There, I met Howard Straus, and was describing to him the near-crippling physician encounter I had just experienced. He told me that his grandfather, Dr. Max Gerson, had developed a therapy that could help me, since acid reflux had mostly to do with consuming excess animal protein.

There was that name again, and here I was speaking to a member of Dr. Gerson's family, something I never imagined! And a fellow singer as well, albeit an amateur. I took it as a sign that it was time to get serious.

When I returned to my home in Pennsylvania, I purchased *A Cancer Therapy*, and read it with great interest. It just made sense to me. I began to rearrange my life, even my life on the road, to live as closely as I could to this Therapy. I would travel with a juicer (true, not a Norwalk, but a lighter one), a suitcase full of organic carrots, and pay attention to eating properly, as defined by Dr. Gerson.

Almost immediately, the acid reflux problem *simply went away!* All thoughts of giving up my hard-won career evaporated along with the problem, and my career took off again.

Today, I live in Carmel, and am the Director of Education of the Carmel Bach Festival, having spent years as a featured soloist and teaching master classes to young musicians. I'm having the time of my life, and I can say, without a shadow of a doubt, that the Gerson Therapy saved my career, and very probably my life.

I always emphasize to my students the fact that a performer's instrument *is* his body, and the quality of the performance is largely dependent on the condition of that instrument. I stress the importance of good nutrition, among other factors, including the difficulties and necessity of obtaining it.

I will always be grateful for the work that Dr. Gerson did, giving us the technology to save our own lives, and to his family for continuing his work.

Now that you are well, stay that way!

Coming off the Therapy

by Charlotte Gerson

It's been a long, weary, and work-intensive battle to defeat the killer and get well. And it's a serious mistake to stop the Therapy too soon, before all the organs are restored. How about too late?

During the many years of experience, some interesting illustrations of the theme have come our way. To answer the above question, let us look at Eddie B., case #11, in Dr. Gerson's book, *A Cancer Therapy: Results of 50 Cases*. Eddie had been exposed to the Los Alamos explosion on U.S. soil of the first atom bomb, and like so many other soldiers in the trenches beside him, he developed testicular cancer a few years later. He had surgery and 88 deep X-ray treatments! Nevertheless, the cancer spread after a few months to his lungs. Surgery was impossible since it was in both lungs, so his doctors sent him home with a good supply of morphine and a hopeless prognosis.

Instead, he went to Dr. Gerson's clinic in Nanuet, NY in 1956, aged 28. In six weeks, one lung was clear; shortly thereafter the other lung was clear. The radiation damage took much longer. In the meantime, Dr. Gerson passed away in 1959 when it was time for Eddie to "come off the Therapy". He didn't know when or how to go about it. He did know that his local doctors had sent him home to die and wouldn't be of any help. So he stayed on the Therapy *for eight years!* He eventually died a little over a year ago aged 80.

While we have numerous illustrations of cases, patients stopping the Therapy too soon and having a recurrence, obviously staying with it for a lengthy period of time causes no prob-

lems! Nor is it necessary. Some patients wonder if they have to stay with the treatment all their lives. No, they don't have to.

Dr. Gerson found that restoring the liver and essential organs after cancer, rebuilding the body's defenses took some 18 months. That is no longer enough. We find that today, the soil, water and air are much more seriously polluted; processed food is thoroughly poisoned; over-the-counter and prescribed drugs are more toxic and are used in huge amounts. As a result, people are more seriously damaged than they were in Dr. Gerson's time, 50 years ago. Sadly, we have found that 18 months on the Therapy is no longer adequate and it now takes two full years. Not only that, if a patient has been pre-treated with chemotherapy, prior to starting the Gerson Therapy, it takes still longer and it is difficult to even estimate a reliable healing period for such patients.

Obviously everybody is looking forward to the time when the strict, difficult, lonely Therapy can be discontinued. But how and when?

In the case of cancer patients without chemo treatments, we must assume that two years is enough. In other patients, if they are restorable (and that excludes kidney disease patients and juvenile diabetics neither one of which is completely restorable) it may take a good deal less time. Depending on the seriousness of their situation and the amount of drug damage done, such patients may be fully healed in a year or 18 months. And they look forward to stopping the Therapy.

In most cases, patients become used to eating fresh, tasty organic food

and lose all interest in getting back to eat meat, fish, chicken and cheese. They prefer to stay with organic vegetarian foods. We suggest that they don't quit from one day to the next, and go right to a fast food place, restaurant, barbecue or such to 'celebrate'. Such an insult to the 'clean' system will make them seriously ill. Instead, cut down the 13 juices to eight; cut down the enemas to one a day or, if the bowel is functioning regularly on its own, perhaps take one or two a week – to keep clear. If this reduced treatment feels comfortable, no disturbances, no headaches, no constipation, no new symptoms occur, after perhaps two or three months, cut down the juices to five or six per day. And, hopefully, cut the enemas out – except ... Once the patient is in truly good condition and all systems are functioning, it is quite alright to attend a banquet, a wedding, a special holiday and 'binge'. Still, after such an occasion, it is wise to take digestive enzymes for several days, and perhaps a daily enema for another few days to "get rid of the mess" and feel good again. Don't get rid of your enema bucket. In case of a dental problem, a tooth ache, an injury from a fall or so, a mosquito bite, a coffee enema helps! And don't give your Norwalk (or other juicer) away: keep it in case of flu, an injury, some temporary problem so that you can make juice in order to heal again.

Staying Well

It is wise to stay with a few freshly prepared, organic juices for a long period of time. Dr. Gerson suggested, for maintaining good health, to eat 75% "defensive" foods, fruit and vegetables that are high in organic nutrients, vitamin, minerals and enzymes to keep the immune system in great condition. He then allowed 25% of food to be "at choice". We have discovered that this

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Don McQueen:

Recovery From Colon Cancer (Conclusion)

by Don and Mieke McQueen

Don and Mieke McQueen wrote the story of his recovery from colon cancer. The first part appeared in the Sep./Oct. issue of the Newsletter, the remainder below. We thank Don and Mieke for their literary efforts! -Ed.

Don: I've also done the AMAS test by ONCO labs in Boston, Massachusetts, May and October of 2005. - A naturopath recommended this as a monitoring test for cancer, two times a year for the next three years and then one time per year after that. It is a very simple blood test which "measures serum levels of AMA, an antibody found to be elevated in most patients with a wide range of active non-terminal malignancies". It is effective for screening and monitoring early (non-terminal, stage one and two) cancers. It is not appropriate for late stage (clinically terminal) cancer because 1) the antibodies a body produces, start sticking to the tumor and 2) your immune system is already shutting down - your body stops producing antibodies when it is overwhelmed and deficient.

Mieke: We have some very special, fun and fond memories of the therapy time ... The whole family pulled together and participated when they were with us: for Don's 75th surprise birthday party (10 months into the program). 21 family members and friends gathered for four days on Cortes Island and all ate "kosher Gerson".

The first summer we carried the juicer to the boat and hauled the groceries to the

dock, - juiced and took coffee breaks afloat in the quiet bays of British Columbia a week at a time ...

The second summer was more industrious. Eight family members filled the house all summer in order to build a cabin on our son's land, across the bay from us. Don milled the lumber, I juiced and walked it to the sawmill while they built. Together we consumed 10,000 lbs. (5

tons!) of organic produce in 5 months!

Thank you Torre and Charlotte, for helping us get over the initial hump when it was one juice, one hour, one day at a time. We could not have done it without you!

Don: Doing the Gerson Therapy is a LOT of work, but for me, feeling that it was okay to call Charlotte and having Mieke, made it just great. She

kept me on schedule all the time no matter where I was.

Mieke: Today we are on a maintenance diet, doing 2-3 juices a day. Living in fresh salmon and berry growing country, we do enjoy having these as part of the fare.

Don: I feel today, that I'm here, happy and feeling better than I have in 35 years, is because of Dr. Max Gerson, Mieke, Torre, and Charlotte. To be without headaches, joint pain, and eye pain alone, is just great!

— Don and Mieke McQueen

Coming off the Therapy ...

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division no longer works, since the 'at choice' foods are so damaging. We now have to urge former patients to stay with 90% 'defensive' foods to keep the recovered organ systems in good condition, and at most have 10% of their intake consist of 'at choice' items.

Still, it is strongly suggested *never* to return to fast foods, commercial foods (containing pesticides, artificial fertilizers, food additives, etc.) and items such as hot dogs, spiced meats and sausages, cheese – the very foods that caused the break-down of the body in the first place! Many former patients have also reported that if or when they overdo or have new problems, they wisely go back on the Therapy for a few weeks and clear up – rather than risking long term damage. As Dr. Gerson put it: Don't let anything accumulate in your body! Be careful as well using alcohol (only very occasionally a little wine). Rarely do former patients return to smoking – it has become so offensive – but of course they definitely should not do so. Many former patients experience feeling well every day for the first time in many years, perhaps as far back as they can remember. And they want to keep it that way.



Volunteers Needed!

If you live locally in the San Diego area, we need a volunteer 1-2 afternoons a week to help ship life-saving information to people who request it from around the world. Contact Diane Ake if you can help: dake@gerson.org (888) 443-7766 ext. 109.



Newsletter Editor Visits Japan

by Howard Straus, Editor

On September 23 and 24, your Editor was invited to speak to the Japan Chapter of the CCS, the Cancer Control Society, at their annual convention in Tokyo by their President, Mr. Akitsugu Moriyama. There were about 500 attendees, plus vendors and other health-related activities. An outstanding staff of volunteers smoothed the operation and support activities most professionally.

We had spoken at the CCS convention in Tokyo nine years earlier, under somewhat less auspicious circumstances. The year-old Sedona Gerson Healing Center was under attack from the forces of organized medicine, and just short of bankruptcy, and there was only the original clinic in Mexico to carry the flag. This time, however, it was different.

In the intervening nine years, there have been Practitioner's Training Courses, new clinics, many more patients, and two excellent documentaries by Steve Kroschel (*The Gerson Miracle* and *Dying to have Known*). These documentaries have been powerful forces in our ability to get the Gerson message out to a hungry public, and have been viewed by a potential audience well in the millions, as well as having done very well at two prestigious film festivals. Our biography of Dr. Max Gerson, as well as Charlotte Gerson's *The Gerson Therapy* have been published, as well as a series of booklets (*Healing ... the Gerson Way*) containing healed patient stories in specific, more common cancers and "autoimmune" diseases.

On Saturday, assisted by our interpreter, Roxana Sonoda, Ph.D., we gave about an hour lecture and presentation, one of the highlights being the introduction of Prof. Takaho Watayo, Sub-director of the Ohtsuna Hospital in Tokyo and arguably one of Japan's top surgeons, who spoke in support of our work for about ten minutes. Another was a short presentation by Kyoko Uiije, a trained Gerson caregiver who has translated Charlotte's book into Japanese,

and a dear, healed patient, Mrs. Fukiko Suzuki, who made herself available to be introduced to the audience. The presenta-



Fukiko and Bunji Suzuki

tion was very well received by the capacity crowd, and the additional testimony and support provided by our guests powerfully underscored the message that "cancer can be cured".

After the presentation, both Prof. Watayo and Prof. Yoshihiko Hoshino of Fukushima University Medical College took us out to dinner, where they asked many



L-R Prof. Hoshino, Howard Straus, Prof. Watayo at dinner

questions about details of the Therapy, and how patients respond. Both are doing scientific studies of their own on Gerson Therapy, and will publish the results as they appear. Prof. Hoshino cured himself of colon cancer that had metastasized to his liver over 15 years ago, using Gerson Therapy methods, and has written two books about his experiences. He is currently studying 500 patients.

We brought with us to Japan the latest documentary, "*Dying to have Known*", and, despite the language disconnect, the film was shown to the audience on Sunday. Many people purchased the DVD after-

wards, despite the language difficulty, simply on artistic merit. We are working on having both films and the biography translated into Japanese before next year's convention, which we have been invited to address again.

After Sunday's presentation, Prof. Watayo took us sightseeing to the very famous Hakone Spa, a great pleasure. On the trip, we had long and detailed further discussion about the treatment of advanced cancer by Gerson Therapy. It was a very productive time.

Tuesday, we visited the new Gerson Clinic at Izu, about 3½ hours south of Tokyo by train, with Shugo Nakanishi, one of its organizers. We met Dr. Tomizawa and his excellent staff, and we enjoyed our only Gerson meals of the trip (what a relief after the salty, deep-fried Japanese cuisine



L-R Shugo Nakanishi, Dr. Tomizawa, kitchen staff flanking Howard Straus, Dr. Naomi and friend.

on offer elsewhere). Dr. Tomizawa also had many questions appropriate for a newly minted Gerson practitioner, which we endeavored to answer as completely as we could.

We were also introduced to a woman MD, Dr. Naomi, who had just three weeks earlier had a double mastectomy, and then acquired all the books and equipment to put herself on the Gerson Therapy. She asked many questions as well, culminating in the announcement that she would take the Practitioner's Training in the future, with a view toward working with Dr. Tomizawa.

This trip was highly productive and very exciting, considering the amount of activity and the welcome that was extended to us by our Japanese supporters. We look forward to returning next year, perhaps even earlier.

FDA wages war on organic agriculture

The e. coli scam

By Howard Straus, Editor

Recently, a constant drumbeat about "avian flu", a disease that "threatened to become a lethal pandemic", dominated news channels around the world. The disease had supposedly killed about 100 people around the world in past four years, none of them American, but President Bush spent \$2 billion on Tamiflu® vaccine supply to "be prepared". This, of course, made the shares of Tamiflu's patent-holder, Gilead Sciences skyrocket. The biggest stockholder in Gilead is their former CEO, now Secretary of Defense Donald Rumsfeld, who instantly made tens of millions of dollars. Now the flu threat has disappeared, and *e. coli* dominates the news channels.

A couple of weeks ago, the FDA announced that a variant of *e. coli*, a common pathogen, had killed one woman and sickened several dozen, and that it had been traced to contaminated spinach. All

the major news channels started round-the-clock coverage on the "crisis", forcing a recall of packaged fresh and organic spinach by all the major producers, not the least of which is Earthbound Farms, a Carmel company and the largest organic supplier in the country. The same kind of wall-to-wall coverage appeared from the FDA and the news channels, all of which are captive outlets for the pharmaceutical industry.

If one or two people were *possibly* killed by *e. coli*, and this caused a paroxysm of protection at the FDA, why did they remain totally silent when 55,000 people were killed by Merck's arthritis drug Vioxx®? Where was the wall-to-wall news coverage on that?

Could the FDA be trying to discourage people from eating fresh, organic foods in favor of processed foods? Is it an attack on Earthbound Farms? Stay tuned. —Ed

Chlordane ...

continued from page 1

experiment. They grew vegetables on soil treated 20 years ago with chlordane. This soil was under their own institution. In May of 2000, they published their findings in the *Journal of Agricultural and Food Chemistry*, the Journal of the American Chemical Society. All 12 vegetables they grew on soil sprayed decades earlier contained chlordane. Potatoes, carrots and beets absorbed chlordane systemically – it was in the flesh. Zucchini acted like a sponge for it! It was also found in beans, eggplant, lettuce, dandelion and spinach.

Mexico was still importing 45 tons of chlordane from the U.S. in 1997 when it instituted a program to gradually quit using it. It is still 'officially' used in Mexico to kill termites.

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A Surprising Update

Bob Harrison, Colon Cancer

by Charlotte Gerson

This is a particularly interesting story since it involves two generations of the same family, a mother and her son, both of whom recovered from life-threatening diseases on the Gerson Therapy. .

The first contact occurred in 1981 at a convention in San Diego, held at the 100th anniversary of Dr. Gerson's birth. At that celebration, Mrs. Irene Harrison, 91 years old at the time and barely five feet tall, strode up to the podium proud and erect, and told how, around the age of 50, she had been very ill. So serious was her kidney disease that her family was given a hopeless prognosis. She, however, traveled to New York from her home in Pennsylvania and consulted Dr. Gerson. With the help of his treatment, she recovered completely.

The second contact came in February 1997 when her son, Bob Harrison, got in touch with Charlotte Gerson by telephone and told his own story: He had been diagnosed with colon cancer that required radical surgery. After the operation, the surgeon told him that he had removed a very large tumor which, for several months, had completely blocked the lower portion of his colon. His body had developed a fistula (an abnormal tube-like passage) allowing fecal matter to pass from a point in the small intestines to a spot below the blockage in the colon. This allowed the evacuation of feces, but in the process a six-inch portion of his small intestine became infected and had to be removed.

Although the surgeon stated that all evidence of cancer had been eliminated, he added that Bob had only one year to live. The oncologist, more charitably, gave him a 50% chance of surviving for two years, stating that if he submitted to chemotherapy, his chances would increase by 30%. Bob refused the offer.

Instead, he followed the Gerson Therapy the way he understood it: he cut out all salt, fat, caffeine, refined sugar and alcohol, and switched to therapeutic nutri-

tion. After six months, he was much better, except for cholesterol problems. He added flax seed oil to his daily food which consisted of organic vegetables, salads and fruit; he did not eat nuts or seeds.

Six years later he was able to report that he was well. When Charlotte Gerson asked him about his mother, whom she had met sixteen years earlier at the Convention, aged 91 at the time, Bob said, "Oh, she's just celebrated her 107th birthday! She's rather weak and needs a companion – but her mind is as clear as a bell."

Update

In early August, 2006, we were fortunate to have a patient arrive at the Mexican Gerson clinic, another member of the same family. This lady is the grand-daughter of Irene Harrison and gave us an update on Irene as well as on her son, Bob Harrison, both mentioned in the above story.

Irene finally passed away just one week before her 109th birthday! Her mind was entirely clear to the end. Not only that, but she was able to drive and write past her 105th birthday!

Her son, Bob, recovered totally from his colon cancer, without taking chemotherapy, in spite of the threatening forecast of his oncologist. It is now 17 years since his bout with colon cancer, and he remains well.



As year-end approaches, now is the perfect time to consider the Gerson Institute in your annual charitable giving plans!

A New Federal Law Provides a Golden Opportunity for Giving!

by Diane Ake

A new federal law allows IRA owners to share the wealth of their retirement savings by giving directly to charity—without first counting it as income and paying income tax. This is a wonderful win-win for people who would rather give to charity than pay taxes—and the nonprofit organizations they choose to support. The law covers all gifts made this year and next (2006 and 2007).

To qualify:

- The donor must be 70½ years of age or older;
- The transfer must go directly from the IRA to qualified charities;
- Gifts cannot exceed \$100,000 per taxpayer per year; and
- The Gift must be outright.

As a qualified public charity, we can help donors execute the transfers. For more information, contact Diane Ake at dake@gerson.org, (888) 443-7766 ext. 109.

And, speaking of charitable giving ...

Thank You

Thanks to the **Carol and Kent H. Landsberg Foundation** in Santa Monica, CA, we now have \$5,000 to provide scholarship assistance for patients or caregivers wishing to take our Caregiver Training or Companion class who would otherwise not be able to afford it.

We also thank all of our members who generously donated for our campaign to put our Caregiver Training Course on-line. This will be a long-term project to raise all of the funding we need. Please let us know if you have ideas for more sources of funding.



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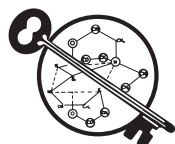
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Gerson Therapy Workshops, Lectures & Events, 2006

WWW.GERSON.ORG/EVENTS

Events are free, unless otherwise noted; some conventions require purchase of a pass to enter the exhibit and lecture halls.

All information was accurate at press time. We suggest you call the

Gerson Institute's toll-free number at (888) 4-GERSON for an updated schedule, or the Gerson Institute at (619) 685-5353 for more information. Advanced reservations are no longer available.

Date & Time	Event	Location	Speaker	Contact Information
Oct. 27, 28, 29, 2006	Caregiver Course	Gerson Institute, San Diego, CA	Faculty: Charlotte Gerson, Carol Beard, Kayla Smith, ND	Carol Beard, The Gerson Institute, tel. (619) 685 5353 x102. cbeard@gerson.org. Call for program prices.
Sat., Nov. 11, 2006	Benefit Showing of "Dying to Have Known"	Indigo Village, Encinitas, CA	There will be a charge for the showing	Diane Ake, The Gerson Institute, tel: (619) 685 5353 x102. dake@gerson.org.
Sun., Nov. 12 to Sat., Nov. 18, 2006	Weeklong residential wellness program	Charlotte Gerson Health Restoration Center, San Diego, CA	Faculty: Charlotte Gerson, Carol Beard, Dave Herbert, chef, Kayla Smith, ND	Kayla Smith, ND, The Gerson Institute, tel. (619) 685 5353. ksmith@gerson.org. Call for program prices.
Friday, November 24 to Saturday, November 26, 2006	Whole Life Expo (there is a fee for attendance and lectures)	Metro Toronto Convention Centre, 255 Front St., Toronto, ONT Canada	Charlotte Gerson, also will show "Dying to Have Known"	Whole Life Expo Show Office, 356 DuPont St., Toronto, ONT, Canada, M5R 1V9. Email: info@wholelifeexpo.ca. Expo Hotline: 416-515-1330
Wed., Dec. 6 to Sun. Dec. 10, 2006	Gerson Therapy lectures and seminars	Singapore; Location to be announced.	Howard Straus, Editor, <i>The Gerson Healing Newsletter</i> , Author, <i>Dr. Max Gerson: Healing the Hopeless</i> .	For information, prices and reservations, please contact Mr. Peter Lim, Nature's Glory Foods, tel: +65 96791318. peterlim@natures-glory.com.
Early Notice: Sat., March 24, 2007	Celebration dinner for Charlotte Gerson's 85th birthday	Details to follow; mark this date!!		

The Gerson Healing Newsletter is the membership organ of the Gerson Institute. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of \$30.00 or more.

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