



# HEALING NEWSLETTER

Volume 23  
Number 3  
May/June  
2008

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

## Norway Becomes First Country to Ban Amalgam Fillings

by Adam Miller <http://www.natural-news.com/022943.html>

(NaturalNews) Effective January 1st of this year, Norway has become the first nation to legislate a sweeping ban on the use of amalgam fillings in dental work. Previous laws forbid the use of mercury-containing fillings in more vulnerable segments of the population, such as pregnant women and children, but the new law is the first to forbid the use of the toxic metal without exemption. Mercury has also been banned from all other products produced, imported, exported, sold, and used in the country.

In a prepared statement, Norway's Minister of Environment and Development, Erik Solheim stated that "Mercury is among the most dangerous environmental toxins. Satisfactory alternatives to mercury in products are available, and it is therefore fitting to introduce a ban."

Sweden has followed suit with a ban on mercury fillings effective April 1st, 2008, and other countries are now contemplating similar moves.

Amalgam fillings, which unbeknownst

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## Nancy Kosobucki—Metastasized Breast Cancer

### A Happy Update

by Charlotte Gerson

*We wrote up Nancy's story after she started the Gerson Therapy in Mexico in our Newsletter, Vol. 22 #4, Jul./Aug. 2007. For our new friends and subscribers, we will repeat the basic story.*

Nancy Kosobucki had a lumpectomy in 1999 after a 'suspicious area' in her mammogram had doubled in size. The biopsy showed a malignancy, but the surgeon obtained 'clean' margins and felt that she need not take chemotherapy. Nevertheless, he suggested radiation which Nancy refused.

Meantime, she conceived but lost her baby at about four months. Another mammogram in 2000 showed a recurrence in her right breast. She consulted a naturopath, followed her suggestions for some natural treatments and felt comfortable with those. She assumed that she was getting better. Unfortunately, the naturopath was killed in an automobile accident—and Nancy was unsure as to what to do next. So she did nothing.

In 2003, she noticed a ring-shaped redness around the nipple of her right breast and had a CAT scan and an MRI. These showed that she had an invasive, inflammatory breast cancer that had invaded her pectoral muscles, her vertebrae and both femurs (leg bones) causing pain walking.

She also had nodules in both lungs, the largest one measuring 2 cm. Nancy was told that she would be dead in six months and only chemo could prolong her life. She still felt that with the right treatment, her body would be able to heal itself and refused chemo.

By November of 2006, she started to have back pain and soon she was unable to stand up straight. She was

sent to a doctor who gave her muscle relaxants. These gave her no relief. By December, the pain had become severe and on Jan, 3, 2007 she had a new CAT scan and bone scan. These showed that three vertebrae, her lungs and shoulder had also been invaded.

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Nancy Kosobucki

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## Norway bans amalgams ...

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to many are composed primarily of mercury, raise the level of mercury circulating in the blood. Mercury is listed as one of the most toxic substances on earth and many who are sensitive to the substance have reported improvements in health upon removal of the toxic fillings. The Norwegian and Swedish bans come at a time when alternative composite fillings have become strong enough to replace amalgams under practically any circumstance.

The issue, however, is as much environmental as it is salutary. According to the Environmental Protection Agency, medical waste incinerators emit 70,000 pounds of mercury into the biosphere each year, making medical use of the metal one of the leading contributors to mercury pollution. So the question has to be asked, why has U.S. policy been so slow to catch up with common sense?

"These bans clearly indicate that amalgam is no longer needed. There are viable non-mercury filling substitutes that are used everyday in the U.S.," said Michael Bender of the U.S. Mercury Policy Project. "By elim-

inating amalgam use, which is 50% mercury, we can reduce mercury pollution much more efficiently than end-of-the-pipeline solutions."

It should come as no surprise that many figures in the U.S. are taking the new emerging consensus kicking and screaming. "Banning 'dental amalgam' is a political issue that will not only have no impact on total worldwide mercury pollution, but also removes a viable treatment option for dentists and their patients," argues Derek Jones in an editorial published in the Journal of Dental Research. Bold steps are being taken, but there is still much work to be done before a similar ban will be seen in the U.S.

### About the author

Adam Miller is a student of life who has dedicated literally thousands of hours of personal research on top of formal institutional training in Dietetics to learn the secrets of achieving vibrant health and extended lifespan. His passion and dedication is in bringing the best ideas for self-empowerment through nutrition and nutraceuticals as well as alternative therapies, technology, and information to the public through various means.

themselves from the terrible damage being done by the toxic metal, mercury. The statement is disingenuous and intentionally hides the fact that for nearly 30 years the ADA held two patents on mercury amalgam fillings, published usage guidelines for dentists, had financial ties to the amalgam manufacturers, profited from amalgam use, and even acted as an enforcement arm for the manufacturers. With this statement, they are attempting to leave dentists holding the bag.

For decades, the ADA has muzzled dental students who objected to the toxicity of the material, threatened to delicense dentists

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## GERSON® HEALING NEWSLETTER

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## Publication Schedule

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

Members receive the Gerson Healing Newsletter six times a year. You can become a member of the Gerson Institute simply by making a tax-deductible contribution of US\$40.00 or more (foreign memberships US\$45.00) to The Gerson Institute.

## ADA Promoted, Held Patents on Mercury Amalgam Fillings

by Howard Straus, Editor

*"The American Dental Association (ADA) owes no legal duty of care to protect the public from allegedly dangerous products used by dentists. The ADA did not manufacture, design, supply or install the mercury-containing amalgams. The ADA does not control those who do. The ADA's only alleged involvement in the product was to provide information regarding its use. Dissemination of information relating to the practice of dentistry does not create a duty of care to protect the public from potential injury."*

The Superior Court of the State of California, Case No. 718228, Demurrer (October 22, 1992)

The above statement from the American Dental Association is an attempt to distance

## INCREASING INTEREST, CHARLOTTE'S GARDEN, VOLUNTEERS

We are certainly experiencing an increase in interest in the Gerson Therapy as indicated by higher numbers of emails, phone calls, and book orders. Often we notice that many who call are already educated about the basics of the therapy and ready to start either at home or applying to our treatment programs. We are also seeing an increase in those who want to do Gerson as their first treatment and not as the last resort. Increasingly we hear from health practitioners who are no longer willing to practice the drug-based, symptom suppressing methods. There is a great awakening sweeping many countries calling people to a level of self-responsibility to live more harmoniously with all life. This is having great impact in the health care field. We also have been contacted by several filming crews working on various documentaries.

One such documentary has been completed, *Healing Cancer from Inside Out*—please read Howard's blurb on page 5. This DVD is now available from the Institute.

Charlotte's garden is growing and she is already harvesting greens for her juices. She expresses deep appreciation for being able to walk into her back yard and bring fresh, organic produce into her kitchen. It resonates with deep wisdom and memory of years gone by when families provided and shared the fruits of their labor. If you are interested, check your communities for opportunities to participate in local, sustainable agricultural projects. Our gratitude to Richard Boger of Norwalk Juicers who made this garden project possible.

We had another very successful Caregiver Course in February. The day before, at our front door, appeared two women interested

in volunteering for the Institute. Felicia, from Ireland, and Ulla, from Estonia were able to attend this 2.5 day class. They had just moved to San Diego from Ireland. Ulla had read Beata Bishop's book, *A Time To Heal*, in the Finnish translation many years ago and vowed someday to find her way to Gerson and help people. We realized we had a patient coming from Europe to BNC who needed a companion/Russian translator and of course—you guessed it, Ulla speaks Russian! It worked out beautifully for this heart-centered woman to be of service to a most grateful patient.

I love stories about the majestic mystery of life.

—Anita

## Gratitude

by Anita Wilson, Executive Director

I asked Blanca Ayala, long-term, dedicated, highly skilled Gerson team member, what she would like to see in *The Healing Newsletter*. She instantly said, "Let's thank all the people the world over who have done so much for us for so long." This response didn't surprise me because daily I experience evidence of Blanca's gratitude-filled heart. It is at the foundation of her positive attitude toward life. So from the staff of the Gerson Institute and *The Healing Newsletter*, to all of our:

Supporters, donors, members, recovered patients, friends, referral sources, caregivers, practitioners, networkers, vendors, board members, employees of our treatment programs, companions, family members of Gerson patients, alternative health workers, volunteers, support group organizers, Gerson product suppliers, and cheerleaders ...

WE THANK YOU FOR .....

- Your kind words of support and praise

- Your never-ending belief in us
- Your creative, unlimited ideas for helping others
- Your timely annual renewal of your membership
- Your orders for books, DVDs and other educational materials
- Your lovely cards and letters that arrive so often
- Your most generous donations of dollars, time and love

Together, we are an outstanding team helping to Heal the Hopeless!

Be Happy and Healthy,

—Anita

## Useful Gerson Therapy Resources

by Anita Wilson, Executive Director

No Insurance ? Unfriendly Doctors? We have found a very cost-effective, simple online resource ...

No doctor's order required—results e-mailed directly to you in a timely manner

[www.directlabs.com](http://www.directlabs.com) Check to see if there is a cooperating lab in your geographical area.

- For \$89.00 you can purchase a wellness profile worth almost \$400.00—you pay through this website and a blood work requisition order to emailed to you. You can also order urine tests and a wide variety of specialty tests.

Check it out and let us know what you think.

- Feeling lonely, isolated or just wanting to be in contact with others on the therapy – YAHOO GERSON THERAPY SUPPORT GROUP ([health.groups.yahoo.com/group/GersonTherapy](http://health.groups.yahoo.com/group/GersonTherapy)) is a discussion group where you can ask questions and get answers, sometimes from patients also on the Therapy, sometimes from people recovered for decades.

- Want more information about U.S. food, farmers, farmer's markets, events, organic food coops?—Log on to [www.localharvest.org](http://www.localharvest.org).

- Low Cost MRI's and CAT Scans in some parts of the US, starting at \$380.00 cash pay—Requires referral from MD, DO, DPM, DC or DDS Call 1-888-380-6337

From the mailbag

## Juicing Rules!

Hi. I'm a 43-year-old male. My wife and I have been juicing according to the Gerson romaine, carrot, apple recipe for two years.

This New Years Day I fell cleaning gutters and broke my tibia [the larger shin—Ed.] bone. After four weeks the doctor said he had never seen healing so fast with this type of injury for my age group. He said I had the bones of an eight-year-old! I went from a full leg cast to a removable boot. After my next four-week checkup, he said I don't need a brace, but can wear one if I feel more comfortable.

I owe it all to the juice. I told him and his nurse about the juicing. He is calling me his 'poster child' and telling all his patients about juicing and gerson.org.

—Robbie, GA. 

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## ADA Amalgam Patents ...

*continued from page 2*

who would not install mercury fillings, and had a gag order in place for conscientious dentists who might otherwise have spoken out against mercury fillings.

To refer to the material as "silver" fillings is a deliberate misnomer, as it contains 50% mercury and only 30% silver. Another piece of disinformation promulgated by the ADA and their intimidated dentists is to call the mixture "alloy," making it seem so much more stable than "amalgam." Semantics aside, mercury amalgam is treated as a toxic danger before it is installed in a tooth, and by law the excess material must be handled and disposed of in accordance with strict toxic waste disposal procedures.

For over 30 years, the US Congress has been demanding that the Food and Drug Administration (FDA) test mercury amalgam fillings for safety, and for 30 years, the FDA has stalled, refused, made excuses, and *not* tested the material. Meanwhile, the ADA holding a monopoly position with dentists, has literally mandated its use in dentistry to their own financial advantage. To claim that the ADA has no connection with the use of mercury fillings is an outright lie.

The ADA must someday be held liable for the terrible effects of mercury fillings they mandated, including sterility, degenerative

## Nancy Kosobucki ...

*continued from page 1*

Nancy had worked as a massage therapist. Fortunately, a client of hers was familiar with the Gerson Therapy, and some time earlier had given Nancy a brochure with information about the treatment. She had paid no attention to it and put it away. However, when her pain became unbearable, she remembered that she had some information, looked for it and found it. At that point, she took it seriously and decided to try the Gerson Therapy.

When she arrived on January 31, 2007 she was in extreme pain. Attempting to take the worst edge off her suffering, she was on a morphine patch. She was told that it was to be renewed every 72 hours. That was not nearly enough to help her bear the pain and she was also prescribed hydro-codeine (500mg tablets) to take 'as needed'. She was taking three to four of those tablets on top of the morphine. This heavy medication only took the edge off her pain.

Then came the amazing news: On the full intensive Gerson Therapy, Nancy was *free of all drugs and entirely free of pain in exactly one week*. She was able to walk on the hospital grounds. The doctors, nurse and frankly myself found this difficult to believe. Most of our patients get pain relief very promptly—but few are on such heavy drugs, have such severe pain and bone lesions and respond that rapidly.

Nancy had only just started on the treatment, was by far not cured; she had many healing reactions, occasional low back pains, some prickling, some migraines and other discomforts. During those healing reactions, she no longer needed morphine or codeine but still used some drugs for pain relief. Back home, her own doctor was impressed about her dramatic pain relief on

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disease, mental disease, and a host of chronic illnesses (See *It's All In Your Head*, by Hal Huggins, DDS).

Because mercury continues to leach out of fillings and into your system for over 50 years, it is essential for your health that you have a specially trained dentist remove your mercury fillings very carefully, and replace them with a non-toxic material. 

the Therapy. He took her blood and urine for analysis and had to admit that "all is normal." Nancy also lost 42 pounds which she urgently needed to lose

As she prepared to leave her doctor's office, he urged her to stop at a McDonalds on her way home and have "... a strawberry or chocolate milk shake in order to bulk up," since, after all, she was fighting for her life! He even suggested that she continue to take Vicodan for pain (minimal at this point) and assured her that it "would do no harm to your body nor affect your cancer in any way." Nancy didn't follow his advice or either of his suggestions.

Then, on my birthday, at the end of March 2008, I received a card from Nancy with the following note enclosed: "I can say without hesitation that I am a different person now than when I was in Mexico just 14 months ago. My body has gone through many healing reactions, some lasting several months (!). Cell-by-cell I am transformed. My habits have changed most dramatically.

"I have enclosed a recent photo (January '08). I have lost 75 pounds. My energy increases daily. I am forever grateful ..."

Nancy's photo shows how wonderful she now looks, having regained an almost girlish figure.

I hope and trust that this story is a great inspiration for patients suffering from extreme pain and widespread metastases [spreading] of their cancer.

*At 14 months, Nancy is not cured. With the extreme damage to her bones, she will have to stay with the strict Therapy for at least another 10 months. However, bones heal more slowly than other tissues and it may take longer. At this point, another few months will not bother her!*  
—CG. 

*Last report: March 27, 2008*

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*"The only statistics you can trust are those you falsified yourself."*

—Winston Churchill

*"Insanity is hereditary—you catch it from your kids."*

—Ronald Reagan

Quotes courtesy of Coffee 'n' Carrots, GSG-UK

## Chemo “Wasteful”; Produces Pointless Suffering

by Margaret Straus

Dr. Paolo Cornaglia Ferraris (cornagliafer@aol.com) is an attentive watchdog of the Italian health service, often writing about abuses with implications well beyond national borders. His column for one of Italy's two most serious national newspapers, *La Repubblica*, is called “White Coats and Pyjamas,” a reference to the two points of view in all medical situations, that of the doctor and that of the patient and, incidentally, the title of the Italian best-seller that cost him a four year legal battle—fortunately victorious—against unjust termination of his hospital affiliation.

In the April 3 issue of *Repubblica's* health magazine *Salute* Dr. Ferraris quotes some revealing facts and figures from a retrospective oncological study by Martoni and co-workers at the University of Bologna (martoni@asop.bo.it). It seems that between January 2003 and September 2005, 793 deaths from cancer were recorded in the Bologna hospital studied by the researchers. At least one cycle of chemotherapy was administered to 445 patients (56.1%) of whom 26.7% had lung cancer, 14.8% colon

cancer, and 11.2% breast cancer. At the time of the last cycle of chemotherapy the average age of the patients was 68 (range 22 to 98). The average interval between the last cycle and the patients' decease was 71 days (range 1-1913). 101 patients (22.7%) were given their last cycle of chemotherapy in the last 30 days of their lives, 86% of these present types of tumors that usually do not respond to drugs or are totally resistant (14%). The last cycle of chemotherapy in that last month of life was also the first in 56% of cases and involved the administration of the latest generation of drugs in 36.6% of cases. Ferraris concludes “the Bologna study demonstrates that local health authorities waste an enormous amount of money to produce pointless suffering, which in no way prolongs life, not even by a week. On the contrary it reduces and renders painful and unpleasant the patient's last days. It removes him from his environment and family, relegating him to the tunnel of intravenous drips right to the bitter end, for the sole purpose of promoting new drugs and selling false hope, but not for the patient.”

## New Cancer Film

by Howard Straus

Mike Anderson, a dedicated film-maker, has just completed an excellent documentary, *Healing Cancer from Inside Out*. This two-hour, two-part film is highly complimentary to the Gerson Therapy, and, in fact, contains substantial interviews with Charlotte Gerson.

The first hour concentrates on why we have such a cancer problem, and how our government and industry are promoting illness for profit. The second hour puts forward effective strategies for taking control of one's own health.

The deeply researched information provided by Anderson confirms in every way the principles and methods of the Gerson Therapy, making the film a fine resource for anyone wishing to improve their health.

The Gerson Institute will be carrying this excellent DVD in its Web Store for \$17.95, or three copies for \$29.85, with deeper volume discounts available on request.

A viewer comments:

*“The information in this film is both stunning and priceless—powerful and empowering.”*

## FDA Considering Drastic Move

# Salt May Be Removed From GRAS List

by Charlotte Gerson

Items on the GRAS list are those “Generally Recognized As Safe.” But, the executive director of the Center for Science in the Public Interest (CSPI), Michael Jacobson, states that “Salt is the single most harmful element in the food supply, worse even than saturated and trans fats.”

This statement is made in an article that appeared in the the Wellness section of the *San Diego Union* on February 19<sup>th</sup>, subtitled “All the news that's fit,” and goes on to report that “the folks at the Food and Drug Administration (FDA) may soon agree.”

It is amazing that it has been some 70 years since Dr. Gerson discovered the serious health problems caused by salt and forbade his patients to use it in any form. The

reporter, Scott Lafee, puts it gently, cautiously saying that the FDA **may soon agree**.

Obviously, the first question is, “How soon?” So far it has only taken some 70 years. Apparently Michael Jacobson reports that Americans, “by and large” (some weasel words) consume too much salt, primarily in processed foods. That is certainly true, and it is noteworthy that other countries use considerably less salt in their processed foods. I remember visiting Holland with my daughter a number of years ago, when the Dutch proudly demonstrated their cheese-making process. When leaving the plant, they urged visitors to send some of their product home. If you ordered cheese for the U.S., you received a different cheese than that sent to other countries. The

cheese for the U.S. had a higher percentage of salt! American taste buds are damaged with so much salt, the public finds items with lower levels tasteless!

Food processors are clearly very much aware of that. They are now worried that removing salt from the GRAS list could require them to limit how much salt they could use in production. Having to change their methods would “profoundly impact their industry causing them to reformulate virtually every recipe and food category.” Here, again, a change for improving general health could cost money—and the profit motive is clearly much more important than public health. Food processors have gone so far as to claim that “being forced to use less salt would be minimally effective” and that Americans should use other measures to improve their health, such as eating more vegetables and fruit and reducing their intake of trans-fats and alcohol. Did they “forget” to mention smoking?

## A Grower responds

### Wax on Organic Apples

*This is a response from an organic shipper to a customer concerned about wax on organic apples:*

SuperFreshGrowers (Domex) has several third party auditing programs in place at all Domex warehouses, which assures that their products have been produced, handled and shipped to the highest possible food safety standards. Domex also has EuroGAP third party auditing at specific orchard sites to help insure safe and sustainable agriculture deliveries to Europe.

All apples have an inherent wax barrier called cuticular wax which prevents moisture loss, enhances firmness retention and decreases the apples' respiration rate. This cuticular wax production is higher in some varieties, such as red delicious, Granny Smith and Jonagold. Cuticular wax is also more prominent on apples of higher maturity. Although this wax is extremely beneficial, it can give a slight cloudiness to the finish of the apple and an oily feel to the skin. This is Mother Nature working; organic apples are not treated with wax.

Organic citrus fruits are treated with a coating of a combination of organic carnauba and organic beeswax. This is to help preserve the skin and keep the fruit from losing moisture. Unlike the petroleum products that are used on non-organic apples and citrus the carnauba/beeswax coating washes off the fruit with little effort.

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## Gerson Translations Due to Appear

by Howard Straus, Editor

The first two of several translations of Gerson literature are about to appear in May. We eagerly await them!

AKSE of Germany has produced a fine translation of *Dr. Max Gerson: Healing the Hopeless*, and it will be carried by the Gerson Institute store. The work was done by a Gerson-trained practitioner, who believed that, having been born, and started his monumental work in Germany, Dr. Gerson's story should be brought "home" to  
*continued on page 9*

## Immensely expensive, and no improvement in survival

### New Drugs Attempt to "Starve" Cancer

by Charlotte Gerson

During the last weeks of February, 2008, a new cancer drug was approved by the FDA (Food & Drug Administration) for the treatment of breast cancer patients. Looking over my file of important news items, I find an article in *Business Week*, dated June 18, 2007, that carries this headline on the SciTech page 71 of the issue, authored by Catherine Arnst.

Under the heading of "Oncology" and with the further headline *More Ways to Starve Tumors*, Ms. Arnst discusses Genentech's breakthrough drug Avastin®. This is one of a family of drugs already put out by other pharmaceutical giants, that are supposed to shut off the blood supply to a tumor by a process called anti-angiogenesis.

Sounds good, but, as usual there are 'side effects.' The article goes much further than Genentech's "breakthrough." It reports on VEGE-Trap, developed by Regeneron Pharmaceuticals and Sanofi-Aventis which "works like Avastin and *may be even safer for patients* (italics mine). In a mid-stage study involving 153 patients with advanced ovarian cancer, it stopped the cancer from progressing in 71% of patients and shrank tumors in 8%. **Only** 1% of patients on VEGE-Trap developed potentially fatal bowel perforations, *compared with 11% on Avastin*. (Italics mine)

There is no mention anywhere of extending survival; and Genentech has admitted that their new Avastin does not

prolong life. So patients risk potentially fatal bowel perforations for what advantage? Since Genentech's cost on the stock market jumped a hefty 8% and more, they expect a huge income from the FDA's acceptance of the drug. That is the only advantage we can see.

There is a box on the bottom of the page which has another amazing heading: **Cancer Drugs Take Off**. It states that the IMS (the IMS is the one global source for pharmaceutical market intelligence, providing critical information, analysis and services that drive decisions and shape strategies) says that there are currently 2,000 new cancer drugs in development; some 95% are in Phase 3, and, if successful could be available to patients in a few years. IMS projects the cancer drug market will grow 17 to 20% a year between now and 2010 compared with **just 2-4%** per year for widely used respiratory disease drugs.

#### Worldwide Sales of Cancer Drugs in Billions:

2006 — \$34.6

Projected for 2010 — \$62-\$70

Please note that *neither* the IMS *nor* the cancer establishment expect that there will be a cure for cancer anytime during those years. They are making every effort to keep that from happening. At the same time, they are telling the public that they need contributions to do research for finding the cure!

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## Summer Apple Alert

by Charlotte Gerson

In the northern hemisphere the fresh crop of apples usually arrives on the market around the middle of August. By June the old crop of organic apples is gone; already in late May the only available organic apples are the Red or Golden Delicious varieties. These are too sweet for regular juicing and may even jell the juice!

It is therefore important to plan ahead for this period: go to your health food store

or regular supplier of organic produce and pay in advance for two or three boxes of green apples (greenings, granny smith, or others *except* Red or Golden Delicious) and ask him to store these for you in his refrigerated warehouse. You can then pick them up when you need them.

Also when the first new crop arrives, it is often somewhat unripe and sour. At such a time we suggest that you mix the new apples with some of the old (even sweet) ones in order to avoid stomach upsets.

Beth Harrison's book *Shines Light on the*

# GMO Propaganda Machine

by Chris Gupta, Mar 20, '08

Loaded with pertinent references and web pages—a must read to understand what is at risk, Beth Harrison's short book will ramp you up on the hows and why of behind-the-scenes GE (genetic engineering) shenanigans. The book is particularly suited for those with info overload. There is no excuse now for all not to educate yourselves on this most pressing subject!

"Overall, U.S. regulatory agencies policies state that: no public records need to be kept on farms growing GE crops;

companies that buy from farmers and sell to food manufacturers and grocery chains do not need to keep GE crops separate from traditional crops (therefore purchasers have no way to avoid buying GE foods); and labeling of any seeds, crops, or any food products with information about their GE origins is not required.

*As a result of these policies, American consumers have no way to exercise informed choices in the grocery store."*

Most are not aware that many governmental regulatory bodies such as the FDA, USDA, CDC etc. are actually initiated and heavily supported by the industry. The Therapeutic Goods Administration (TGA), Australia's regulatory agency for medical drugs and devices for instance, are outright funded by the industry. They are essentially public relations and diversionary arrangements to control and placate the masses. Contrary to perceptions, regulatory bodies are essential to protect the industry, consumer protection is incidental! Regulations favorable to industry are created in the name of health and safety such as testing their wares on animals, etc., which often have no relation to human health and safety. Once passed, the companies are then off the hook, the tax payer and the injured party/s are left holding the bag for subsequent problems and/or complications ... Agencies themselves, by design of course, are unaccountable and serve as a shield for the industry. From time to time tidbits of real, often

benign, consumer protections are thrown in to keep the perceptions alive. Occasionally a genuine protection gets through the cracks, due to the odd whistle blower and/or employee fiduciary duty actions such as the Delaney Clause mentioned below. In fact these agencies, like most "activist / health / environmental / industry associations and institutes, in whole or part, are often funded and/or run by corporations with vested interests—this is the most effective public relations tactic money can buy!"



Beth Harrison, Ph.D.

An interesting aspect is the contrast between the EU (where there are labeling laws and the dangers of GE foods are well-known) and North America (where the corporate-controlled media has kept the public in the dark). The accomplices are the government, research and educational institutions, food and medical cabals, who serve as servants of the industry.

"To provide a one-sided image of GE food as necessary and beneficial, propaganda in America has been disseminated via biotech front groups, government and industry-sponsored video news releases on television, audio news releases on the radio, Web sites, as well as government and industry-sponsored children's biotech "education." At the same time, multi-million dollar anti-labeling campaigns and preemption laws have been passed to prevent local governments from banning GE food."

They clearly engage in the deliberate obfuscation, destruction and/or prevention of access to the adverse reactions data. As with vaccines and drug adverse reactions, data is often not reported or not taken at all and what data is collected is often sloppily compiled, skewed, and/or kept secret. This incredible snow job is done primarily, in this case, by outright lies mostly promulgated by our tax dollars; preventing the labeling of GE foods thus impairing data collection; mixing and infecting non GE with GE foods; selective data reporting and/or not collect-

ing the data at all; fraudulent and self serving studies; deflecting injury to other causes; on and on. When sued, they force secrecy as part of the settlement so they can continue the shell game. If that gets too much than we have the vaccine and Nuclear Industries' Indemnity Acts. "Shedding Light on Genetically Engineered Food" provides solid support for these allegations.

"It is easy to see how unsuspecting consumers in America have been kept in the dark about GE food and why the biotech industry has grown significantly, even though evidence or scientific consensus that GE food is safe for human consumption has never been established. Americans are risking their health in return for non-existent and largely unproven consumer benefits; yet U.S. taxpayers unknowingly prop up the biotech industry and multinational corporate profits by massively funding GE crop and dairy subsidies, state initiatives, tax breaks, foreign aid, and other biotech support doled out by the U.S. government."

Chapter 3 "Connect These Dots" should make the uninitiated's head spin. Those who think that corruption is only rampant in third world countries should be floored to see how Monsanto and their ilk bribe the FDA, USDA and other government agencies, to literally usurp any and all protections such as:

..."Monsanto's former public relations chief, appointed to Clinton's Committee of Scientific Advisors and Gore's Sustainable Development Roundtable, groups that recommended the Delaney Clause (which said that a known carcinogen cannot be added to food) should be replaced with more "flexible" legislation. Since December 2002, Foreman has been on DuPont's Biotechnology Advisory Panel."

..."state legislators who support the biotech industry and food manufacturers have taken away the rights of cities and counties to ban GE crops. Some, fifteen states have passed preemption laws, or what have also been called Monsanto Laws." In the past, state governments have overseen policies related to public health, safety, and welfare; yet no state regulates GE crops and livestock in a manner that protects public

*continued on page 8*

## GMO Propaganda ...

*continued from page 7*

health and the environment. Biotech corporations have increasingly been trying to stop debate by eliminating local regulation of GE crops."

Imagine passing ... "food disparagement" laws, which the American Farm Bureau Federation (example of public relations tactic discussed end of third paragraph above) has lobbied into law in thirteen states. Those laws eliminate free-speech rights and impose censorship on the media regarding concerns of food safety issues ...

To eliminate public input, existing rules and regulations are continually being relaxed and/or ignored. The book clearly demonstrates how the industry in collusion with the government introduces untested products for consumption. When problems arise they are deflected on the consumer to prove harm, instead of the rightful onus on industry to prove safety of their products. This clever tactic has essentially defrocked the consumer, who essentially is defenceless and forced to become the industry guinea pig as little

remedial or future preventative action can be taken.

Yet again a tacit example, as if more were needed, showing how the government essentially protects the industry by turning upside down the rules purported to protect the consumer.

Corporations in partnership with the governments consider us as fodder for their needs. To most this should be inconceivable but not to the industry skills, better known as useful idiots, described in detail in the book, including names and all. Shown clearly is how the industry and government all rolled into one uses hardball tactics, revolving door policies, along with incestuous tax dependencies to enforce control over the unsuspecting consumers. Much like the Pharma cartel's at the turn of the 20<sup>th</sup> century whence all funding was directed towards drug-based solutions in order to squelch competition. Here again we see how the funds are only directed to biotech sector farms, education and research. Public acceptance via false education, research, media and marketing are all part of the bio-

tech funding aimed to eliminate competition. Competition from far more healthy, cost effective, safe, and efficacious traditional farms. The biotech sector has not missed a trick, and there are some surprising ones discussed in the book, to fool the unsuspecting. This is organized crime at its best!

One can now see why a handful of elites would like to use these strong-arm tactics and cunning strategies, outlined, so clearly in the book, all over the world. There of course could be nothing better to make their lives easier. Thus, the impetus to create a one world government. Taxpayer money funded of course!

We must resist: "Resistance creates time to awaken populations to the planned disaster!"

Not only, does the book provide the badly needed exposure, it ends with a good action plan to empower us on how to protect ourselves.

*Shedding Light on Genetically Engineered Foods*, by Beth Harrison, Ph.D. Self-published.

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*Her recovery from stage IV ovarian cancer almost lands her in jail!*

## Betsy Heilman's Saga Continues

by Charlotte Gerson

In *The Gerson Healing Newsletter*, Vol. 23, No. 1, Jan./Feb. 2008, you will find on page 5 the story of Betsy Heilman. After being given the run-around for almost two years, she was finally diagnosed as suffering from "Extra-Ovarian Primary Peritoneal Carcinoma, Stage IV," an unusual type of ovarian cancer. Starting at age ten, she had many headaches, was given lots of drugs and her problems turned into migraine. In her early twenties, she was further diagnosed as suffering from "chemical sensitivity disorder" and was given a more serious drug, Doxepin.

She traveled much and explored many avenues to improve her health. Nevertheless, by the time she reached age 35, she had ovarian cancer. After many more doctor visits, she finally told one doctor that she had done research on PubMed, the oncologist told her not to do that, it would only confuse her! Finally, one oncologist, a Dr. Borone at the UC San Diego Medical Center gave her a \$6,000 20-minute infusion of carboplatin and Taxol®, which made her worse and caused her ascites. (Fluid in the abdomen.) All the details of her treatment are in the above referenced *Newsletter* and I shall not repeat them.

Betsy arrived at the Mexican Gerson Clinic in January of 2004; and within a few days the ascites had come down by several inches without 'tapping' (draining). She stayed strictly on the Gerson Therapy for some 22 months. Her ascites subsided; her migraines are gone, and she reports that she now rarely even gets a cold.

Betsy continued to get check-ups at the Mayo Clinic with Dr. Rao. On February 23, 2006, Dr. Rao said that she had no sign of cancer and asked her several times if she had received chemo elsewhere—which she hadn't. He further stated that "Betsy was the only survivor that they knew of who had survived this type of cancer"—and he was amazed.

But that is not the end of the story. In his latest film, *The Beautiful Truth*, Stephen

Kroschel was anxious to show her now, that she is recovered—since he had filmed her for the earlier documentary, when she had just arrived in Mexico to start her treatment. He asked her to revisit Dr. Rao at the Mayo Clinic and request that he make that statement again for a video camera. She agreed. The next time Betsy traveled to Rochester, Minnesota she took a friend who has an excellent video camera.

She described her feelings as she walked into the Mayo Clinic: "Just keeping above the general hospital feeling of darkness and depression is a great feat!" She saw Dr. Rao, and he told her that she looks great. He again said that there is "no sign of cancer" and all her tests are normal. Betsy asked Dr. Rao if he would make the same statement on camera "as an offer of hope and possibility of healing for millions." He had to decline, unfortunately, saying that he is "owned by the Mayo Clinic" and they would *never* allow him to say that a patient recovered without chemotherapy! In addition, anything he said would have to be approved by the Mayo public relations department.

In order to deal with the restriction, they decided leave the enormous Mayo campus, and cross the street to a public park where they could film. Meanwhile, the Mayo public relations department alerted the Rochester police department that "there is a group of terrorists across the street who are casing the place in order to blow it up!" Sure enough, a police car arrived and parked right behind them. Betsy explained to the policeman who approached her that she is a cancer survivor and he left, after studying her identification at length. Later that evening, Betsy emailed the doctor telling him what happened. He told her that she is lucky she is a white person—because if she were black, she would have simply been taken away and jailed without any questioning. "The Mayo Clinic 'owns' the Rochester Police Department," Dr. Rao said.

*Are strange new diseases*

## Super-Bugs Or Weaker Immune Systems?

by Charlotte Gerson

On Wednesday, February 27, 2008, a headline on the *San Diego Union-Tribune's* front page read: "**Drug-resistant TB spread gaining, WHO says**", adding, "Infection rate faster than experts feared."

I can't help but remember the remarkable success Dr. Gerson had in his treatment of tuberculosis during the late 1920s and early '30s. At that time, there were no antibiotics at all. Since TB is caused by a germ, in order to overcome the deadly disease, the Therapy must have increased the patient's immune system so the body was able to kill the germs and heal.

Meantime, antibiotics were found to kill the germs—however, with the rampant over-use of antibiotics in meat production and medical treatment, antibiotic-resistant strains developed and are spreading, with the result that tuberculosis has re-emerged as an "unstoppable" disease threat.

It seems to me that rather than having stronger germs, over the decades, with the huge increase in the use of pesticides, food chemicals, drugs, fluoridated water, and so many other immune system depressants, not to mention the SAD (Standard American Diet), smoking and fast-foods, we are more likely dealing with much more seriously weakened immune systems than with more powerful germs. Germs, which evolve quickly, have become antibiotic resistant due to our abuse of these one-time "wonder" drugs—but, I believe, they cannot develop a resistance to a working, strengthened immune system. This statement must still be tested and proven, but a medically trained person with whom I discussed this, agreed.

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### Translations ...

*continued from page 6*  
Germany.

Also in May, we are expecting a Korean translation of Charlotte Gerson and Beata Bishop's book, *Healing the Gerson Way*. The Gerson Institute will also carry this volume. Prices to be announced.

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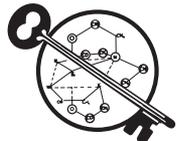


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Events are free, unless otherwise noted; some conventions require purchase of a pass to enter the exhibit and lecture halls.

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
Sat., May 3 and Sat., Jun. 7, 2008, 11:00am-12noon Pacific Time	Charlotte Gerson on "The Invisible Gardener" radio show	This show can be heard anywhere in the world that has an Internet connection.	Charlotte Gerson will be on this station the first Saturday of every month.	To listen to the show, go to the Gerson Institute website, <a href="http://www.gerson.org">www.gerson.org</a> , during the broadcast, and click on the "Don't Panic It's Organic" rectangle. To call in to the show, call (310) 457-0138.
Mon.-Sun. June 9-15 (Registration Full), and July 21-27, 2008	One week sessions at Charlotte Gerson Health Restoration Center	San Diego, CA	Charlotte Gerson, Dr. Kayla Smith.	Dr. Kayla Smith, The Gerson Institute, Tel: (619) 685-5353 x127. email: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Please call for details, costs and availability.
Sun.-Sat., May 11-17, 2008 (Registration Full)	Gerson Therapy Practitioner's Training, Phase I	Gerson Institute, San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Gerson Institute staff	Dr. Kayla Smith, The Gerson Institute, Tel: (619) 685-5353 x127. email: <a href="mailto:ksmith@gerson.org">ksmith@gerson.org</a> . Please call for details, requirements, costs and availability.
August, 2008	Gerson Therapy Caregiver's Training	Gerson Institute, San Diego, CA	Charlotte Gerson, Dr. Kayla Smith, Gerson Institute staff	Barbara Conde, The Gerson Institute, Tel: (619) 685-5353 x129. email: <a href="mailto:bconde@gerson.org">bconde@gerson.org</a> . Please call for exact date, details, costs and availability.
Sat., July 19, 2008 (time to be announced)	Gerson Therapy lecture at CCS-Japan Chapter	Belle Salle Kudan, Kudan Kaikan Hotel, Tokyo, Japan	Howard Straus, Pres., Cancer Research Wellness Inst., Author, Publisher.	Frank Cousineau, President, Cancer Control Society, P. O. Box 4651, Modesto, CA 95352-4651, (209) 572-2393 * Fax: (209) 572-3922 Cell/Voice Mail (209) 613-5585. email: <a href="mailto:frankcousineau@sbcglobal.net">frankcousineau@sbcglobal.net</a> .