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Gerson Therapy for Ovarian Cancer

The enclosed contains excerpts from our Healing News newsletter archives.
Please note that some information has changed. Visit our website at
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Sandra Whitwell:

Recovery from Ovarian Cancer

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

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

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

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



Sandra Whitwell

piece!"

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



Report on Chemotherapy

“No Beneficial Effect”

by Charlotte Gerson

We have reported a number of times in the *Gerson Healing Newsletter* on studies that severely question or even deny any usefulness of chemotherapy treatments. The German newsmagazine *Der Spiegel* (equivalent to the U.S. *Time* magazine) published one of the more powerful ones in December 1990. In that monograph, German biostatistician Dr. Ulrich Abel summarized his findings in these words: “There is no evidence for the vast majority of cancers that treatment with these drugs (cytotoxins) exerts any positive influence on survival or quality of life in patients with advanced disease.” Abel continued, “The personal views of many oncologists seem to be in striking contrast to communications intended for the public.”

In April 2004, *Der Spiegel* published another report by several serious researchers regarding results obtained from treatments with chemotherapy. Epidemiologist Dieter Hoelzel of the Clinic Grosshadern at the University of Munich states “Regarding survival rates in patients with metastasizing carcinoma in the intestinal tract, the breast, the lungs or the

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Evelyn Clegg

Ten Year Recovery from Metastasized Ovarian Cancer

by Evelyn Clegg, with Charlotte Gerson

It all started in October/November 1994 when I was 55, I went to the doctor suffering abdominal pains. On the first visit I was prescribed tablets and on a subsequent visit medicine for diverticulitis.

When I returned to my doctor after Christmas 1994, my stomach was so swollen my skirt wouldn't fasten. He sent me directly to Hospital where I was examined internally and told I had ovarian cancer, it could be 'nasty'. On January 11, 1995 I had a full hysterectomy followed by six weeks of radiotherapy during February and March.

At this stage everything appeared okay, until September, when a CAT scan showed the cancer had returned to near my bowel and my liver. This news was delivered to me on the same day as the scan had taken place. My doctor rang my home and asked to

come and see me. The news was shattering, as I had thought everything was going well. He said I couldn't have another operation. They would have to try something else, but it was terminal. I was told a

course of chemotherapy would be the best way forward. I had Epibrucin, Cisplatin and continual Fluoracil over a period of six months, this I started in October 1995. After the sixth session I was told the chemotherapy had not been successful and the doctors were considering what they would do next.

It was only at this very late stage I decided to do the Gerson Therapy, having heard about it through our son six months earlier.

Before going to Mexico we visited Ross Mansergh (a malignant melanoma patient who had been to Mexico in 1991 to the Gerson Hospital who said we must go. “If

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*Evelyn and Michael Clegg
June, 2005*

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Evelyn Clegg ...

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the prognosis isn't good, do not hesitate."

Luckily, within a week (May 1996) Charlotte was holding one of her seminars in London that we attended and were finally convinced that Gerson was the only possible way forward for me.

My husband and I left for Mexico on the June 19, 1996. I was 56. We were dreading the experience of going all that way not knowing what to expect at a very sensitive and depressing time.

When we arrived at the Mexican Gerson Clinic, the positive attitude of all the staff was most reassuring. I was assigned to Dr Bravo who was wonderful throughout, explaining at every stage how the treatment was going to work. In the short time of two weeks I could see the improvement between the blood samples taken at the beginning and at the end of my visit.

We arrived home on the July 4, 1996, full of enthusiasm to start the regime of 12 juices and four enemas.

I was guided by Dr. Bravo for the next three years, faxing my blood samples regularly, talking to her on the telephone and the Therapy being adjusted according to the results. I adhered very strictly to the Therapy during this period, only adding extra items as and when allowed.

After I had done the Therapy for three months, the consultant at Christie Hospital

Manchester, the leading cancer center in the North of England, said he would arrange a scan. The day we went for the results of the scan the consultant, on reading the result, said, "Whatever you are doing, you should continue." The problem areas were very much reduced. We drove home singing that day and couldn't wait to get home and scrub some more carrots.

It is now ten years since starting the Therapy. I still have two juices a day (we take the juicer when go to holiday cottages we rent), we eat only organic food, but allow a wider variety, always with an emphasis on vegetables and fruit (we have occasional meals out).

My survival is completely due to the Gerson Therapy—the doctors have said "Well, we didn't do very well."

My doctor and the Christie Hospital have both supported me over the years in checking my CA-125 level.

I only wish that I had taken the Gerson route *before* the chemotherapy. The chemotherapy affected the nerve endings in my feet and give me pain quite frequently to this day.

Thanks again to the Gerson Therapy.

Our very best wishes,
Evelyn and Michael Clegg

Chemotherapy ...


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prostate, we have not made any progress in the past 25 years." He, together with a group of oncologists, created a database containing the medical histories of several thousand cancer patients leading to this conclusion.

The latest figures from the University of Munich's cancer registry do not reflect any prolongation of life spans. "While the outlook has improved slightly for patients suf-

fering from intestinal cancer, breast cancer survival rates have decreased over the years. Gynecologist Gerhard Schaller, at the University of Bochum, says, "Chemotherapy has done practically nothing for women with late-stage breast cancer—there is literally much ado about nothing." This opinion is confirmed by Wolfram Jaeger, director of the Gynecological Department of the Staetische Clinic Duesseldorf, "There have been and there are no success stories. We treat large numbers of women without tangible proof of success."

In September of 1985, then-Director of the Gynecology Department at the University Hospital of Hamburg-Eppendorf, declared at an international congress in Berlin: "It should set us thinking to hear a growing number of doctors say: "I wouldn't allow that kind of treatment on myself."

The progress of chemotherapy is seen in the relief of suffering *caused by the drugs themselves*. These cell toxins used to weaken the patients to the point that they had to be monitored in hospital. Now there are remedies for hair loss, vomiting, loss of appetite, diarrhea and constipation. Many chemo drugs may be administered on an out-patient basis and, explains Dr. Overkamp, an oncologist in Recklinghausen, "the patients hardly suffer any more from bouts of vomiting. "That way I was finally able to install wall-to-wall carpeting in my office." 

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.

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GERSON® HEALING NEWSLETTER

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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
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Rebekah M's Triumph Over MS

by Charlotte Gerson

We are always on the lookout for interesting stories of patient recoveries, and we sometimes discover a whole lot of them! Talking to one patient, we found three others, a whole Gerson group in the Phoenix area.

One of these wonderful people referred us back to the story of Ned Wright, written up in our *Newsletter* Volume 19, #1, Jan/Feb 2004. At the time, Ned was recovering from a recurring seminoma. He had completed two years of the Gerson Therapy, and had promised a full report at five years. We are waiting! However, when we talked to another patient in the Phoenix area, she confirmed that Ned, now at five years on the Therapy, is doing extremely well. Ned is also helping and directing some of the other Gerson patients in the area.

In this report, we introduce a 'recovering' (not yet cured, since she is not yet at two years) multiple sclerosis (MS) patient, Rebekah M. Rebekah was only 32 years old, in September of 2006, when she first realized that there was something very wrong: she had numbness in a large section of her torso. Naturally, she went to see a doctor. Her doctor ordered an MRI which disclosed the typical MS lesions, two in her neck and one in her upper spine. Within two days of her MRI, she was unable to walk! Her leg did not respond to her normal walking movement, but went in circles instead. In addition, her MS symptoms increased dramatically and she was admitted to the hospital where she was subjected to more toxicity. MS is often difficult to diagnose; but in Rebekah's case it was easy. In addition to

the lesions, she had other typical symptoms including false sensations: a normal touch would feel as though a match was being lit on her skin and bending her neck felt like an electrical shock; her temperature didn't feel like it was regulating correctly: her back felt hot and her feet felt freezing; she also had numbness in other areas. She states that her "nerves went crazy".



Rebekah M.

When we asked Rebekah what she believes caused her illness, she said that she is convinced that it is a combination of body, mind and spirit. She had an extremely traumatic childhood; she was severely abused, physically, verbally, emotionally, mentally and sexually by her parents! She was also seriously neglected. When she had pneumonia at age 7, her father told her "to get well or die" and her mother fed her ice cream because she felt hot due to a fever. Her father rarely worked, they often were evicted and moved frequently, suffering deep

poverty—a terrible environment. Miraculously, she survived.

Several years prior to the Gerson Therapy, she started counseling at her church and received an outpouring of love and emotional and spiritual healing. When she was diagnosed with MS, Rebekah already knew about the Gerson Therapy from Ned Wright, now recovered five years. She initially believed that the Gerson Therapy would be "impossible" for her since she is single, lives alone and had to continue working.

Ned and two other women from her church in the middle of the Gerson Therapy convinced her it would be possible and the best thing for her. Her church became her support group for the Gerson Therapy by delivering food and prepared bags of green juice vegetables every week. As she changed her food from what she believed was a reasonably healthy diet to foods allowed on the Gerson Therapy, she immediately started to feel better. When she added a coffee enema the first week at home, she noticed a dramatic decrease in pain and toxicity. The good food and coffee enemas made such a big difference that she knew that this was the right way to recover. She clearly felt that she was detoxifying.

After she started the Therapy, she also had several severe healing crises, but continues to improve. She is incredibly grateful for the opportunity to do the Gerson therapy; she would not choose anything different. Rebekah gives the praise for her healing to Jesus Christ! Her body is being healed just as her heart has been healed for the past five years. She is hoping that in the near future she will be able to return to her studies.



My recovery from "terminal" ovarian cancer

Betsy Heilman's Story

by Elizabeth Heilman

On May 22, 2003 at the age of 35, I was diagnosed with EOPPC : Extra-Ovarian Primary Peritoneal Carcinoma, stage IV.

I am writing this because the Gerson Therapy saved my life. I feel compelled to share my journey with others in a similar

situation, to raise awareness of the options available, and write about the success of Gerson. The Gerson Therapy more than healed me from cancer; it's the culmination of a life chronic illness, seeking wellness, and finally discovering a way to heal.

At the age of about ten, I began to have headaches. Doctors prescribed various antibiotics and pain killers on and off for about 25 years. In the process, I found that I am allergic to erythromycin, penicillin, all sulfa drugs, Band-Aid adhesive and some latex. By the time I was 21 my headaches turned into migraines. These eventually became so severe that I had to be on heavy pain medications to function. My father, also

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Betsy Heilman ...

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a migraine sufferer, took me to the migraine clinic at Abbot Northwestern in Minnesota. I was diagnosed with chemical sensitivity disorder and put on the drug Doxepin, a tricyclic antidepressant used to raise serotonin levels. The doctor claimed good results with this drug for migraine patients. Though I took Doxepin on and off for about 10 years, it did not help much. I would still get three-week headaches from just one whiff of bus exhaust. Mostly I just suffered through the pain.

In college, I realized that I could not live this way and began to explore diet and lifestyle alternatives. First I started doing yoga, which led me to adopt a vegetarian diet, veganism, macrobiotics and raw, live food living. I became conscious of the benefits of stretching, relaxation and balance and started feeling better. My studies improved and my headaches lessened. I began to see which foods and environments I had to avoid. The lifestyle changes, along with a full course of body work called Structural Integration, a realignment similar to chiropractic, opened my eyes to the possibility of well being. As the pain lessened I began to notice other

imbalances that had been masked by the headaches. Ironically, as I began to get better, I realized how bad off I was. But this was only the beginning.

My interest in "real" traditional healing arts led me to the city of Mysore in southern India. Southern India is considered the "home of the mother medicine". I went to practice and study yoga and Ayurvedics with the determination that if I was ever to become fully healthy, this was the time and place. There I woke at 5 and from 6 to 9 am I did rigorous aerobic yoga. Then I would rest the rest of the day eating coconut, mango, sugar cane and toast. It wasn't until I stopped doing my daily routine and got on the plane back to the States that I began to feel very sick. I believe the illness was there all the time and the yoga and healing therapies had kept it at bay.

Later I arrived in Honolulu with the worst gut pain I ever had. I continued to lose weight, and my abdomen began to swell. For six weeks I doctors' appointments and took useless remedies. I was repeatedly told that nothing was wrong with me. A doctor on Maui put me on a sedative. Another in Alaska put me on Flagyl, a potent anti-protzoal for parasites. Though the tests showed

no parasites, the doctor told me, "Oh well, sometimes that happens and you have them anyway." Our local doctor, Dr. Yates, palpated my stomach and said I had to go to the emergency room immediately. There they gave me Demerol, and it was like somebody turned on the lights. Suddenly I realized how much pain I had come to tolerate. They took an X-ray, again told me there was nothing wrong and sent me home.

After dead-ends with seven doctors my parents set up an appointment with a germ specialist at the Mayo Clinic, known for being the best conservative medical institute in the west, if not the world. Within days I was on a plane to Minnesota and admitted to the emergency room because I was in so much pain I could not wait. I could not walk, or talk without crying, and I was emaciated. After a battery of tests, one of which was an ultrasound, they found ascites in my abdomen, did a paracentesis and diagnosed the ascites with cancerous cells. There was no sign of cancer on my CT scans but my CA-125 was elevated to 300. At about two o'clock in the afternoon on May 22, 2003, five doctors came into my hospital room and explained to me with arms folded across

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Betsy Heilman ...

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their chests that I had end-stage cancer and that death was imminent. They explained to me that I had stage IV EOPPC, "terminal" because ascites is incurable, a complete breakdown of the body organism. Besides, my ascites was cancerous. They said I could try chemotherapy that would not cure me, but might give me an extra six months to a year, *if I was lucky*.

I was assigned Dr. Roa for an oncologist. When he came in the room he looked very sad. I told him that I was not going to die and he looked at me like I was pathetic and crazy. As soon as I was out of the hospital I began researching every possible angle. I would do everything and anything to survive. I was *not* going to let this cancer kill me! I knew there was an answer and I would find it. My oncologist arranged for me to do six months of carboplatinum and Taxol. It was like being sold a car. When I went for a second opinion and told this doctor that I had been doing research on PubMed and many other web and library resources, he said, "Don't do that. That will only confuse you. Just trust me." My hair stood on end when he said that, and I decided to trust my hair instead of him. Keep in mind that in the course of two years, I had visited numerous specialists from the top medical centers in the world, including Mayo, M. D. Anderson and Sloan-Kettering, and they couldn't find anything wrong with me. "It's all in your head," they told me. Dr. Borone, an oncologist at the UC San Diego Medical Center, gave me one \$6,000, 20-minute infusion of carboplatinum and Taxol, after which I got worse.

I told all my friends and relatives, then I

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received two e-mails that mentioned Gerson. I started looking into the therapy (among many other non-toxic treatments).

Gerson was the most rigorous and disciplined therapy, but I thought it was nuts. I thought, "a person would really have to be fanatic to do something like that." A primary goal of my research was to find any women who had survived the same diagnosis as mine. I searched every cancer resource and found only two women who had survived a similar diagnosis: both Gerson patients. At the same time I was told by Dr. Roa that the chemotherapy was not effective. He pulled up a list of what looked like about 20 different chemotherapies and said, "If one chemotherapy doesn't work, the others most likely will not. We could just start at the top and try them all." I felt like he was telling me, "Well, you're going to die anyway, so lets just try anything." The Gerson Therapy started to look far less crazy. Then a woman oncologist who, in her own words, had seen this disease "hundreds and hundreds of times before," told me no one survives it, and wrote me a scrip for hospice [care]. I remember looking at her shoes and thinking, "What does she know? With *those* shoes?" They were too green and too tight and matched her suit too well. I just knew someone else picked them out for her and told her to buy them.

I applied to Gerson and was accepted. I kept thinking the process was like applying to Yale. The people involved had no time to waste. You have to want it. That was a good thing to me. On my arrival I was welcomed by doctors, nurses, staff and other patients, all with encouragement.

I was assigned Dr. Bravo, who came to my room and sat [with me] to talk. She told me that this therapy was up to me. She asked me if I could face the seriousness of my illness, and did I have what it takes to cure myself? I was so affirmed. I knew deep inside that it was up to me, and it was in my power to heal myself. I only needed the right tools. She told me I had a night to think about it and if I wanted to leave in the morning it was up to me. Game on!!! I honestly felt like I had discovered the clinic I was dreaming of.

I spent the next four weeks at the clinic, and my CA-125 went to normal. Right away my abdomen started to shrink and I felt much better. *[During her time at the Mexican Gerson Therapy clinic, Betsy appeared in Steve Kroschel's first documentary, The Gerson Miracle.—Ed.]*

From Mexico, I made all the arrangements to return to Alaska and proceed with two to three years of the Gerson [Therapy] in a 16 foot square cabin. On the Internet at Gerson.org I found a man in Alaska who was already ordering organic produce for two people who were doing the Gerson [Therapy]! I hired two caregivers and received many curious visitors. The following summer I had my first full-on garden of romaine, carrots potatoes and more. What I could not get from my garden, I got from the farm down the street. The grocery store was becoming a thing of the past.

For a twenty-two months I followed the Gerson routine from 7 am to 9 pm, all day, every day. After consulting with Dr. Bravo and seeing consistent, optimal blood work, I decided to have surgery. I found a female gynecological surgeon who would do a low impact surgery and just clean up what looked unhealthy. After the surgery my ascites went away and never came back. I continued the Gerson [Therapy] for several months. My surgery healed and my strength increased. Since I started the treatment, my migraines have all gone away and my bladder infections have subsided. To this day, I rarely get even a cold.

Throughout these past few years I continued annual checkups at the Mayo clinic and I also went back to the Gerson clinic twice during my two year treatment. On February 23, 2006, after blood work and a CT scan at Mayo, Dr. Roa said I had no sign of cancer. He was astonished. He asked me several times if I had chemo elsewhere, as if I forgot or something. Right! He left the room and came back and said I am the only survivor they know of with this diagnosis. Once again he folded his arms across his chest, only this time with astonishment. He said, "Not only is there no sign of cancer, but all the scar tissue from the surgery was absorbed. This is unheard-of. Whatever you're doing, keep doing it." I told him, "You know what I am doing," because he knew the whole time, but from his chair, he just couldn't understand it. To this day Dr. Roa and I remain friends. I was going to quit seeing him several times, but my father said "No, you have to teach him." I told him that day, that great day, "Well doc, if you ever get sick, just give me a call." He looked at me funny, but you know what? I think he will.

Betsy has agreed to answer questions for anyone with similar problems. Her email is betsyheilman@gci.net.



A Successful Visit to Japan

by Howard Straus, Editor

We have recently returned from a successful and very interesting trip to Tokyo, Japan, having been invited to address the Cancer Control Society—Japan Chapter convention on July 19.

Apart from the interminable airplane trip and the near-100-degree humid heat in Tokyo at this season, the trip was very worthwhile. Not only were we well-received at the convention, but we got to renew old friendships, refresh more recent ones, visit with our two medical school professors, and address a forming Gerson Association.

The first order of business was to attend and speak to the 325 people at the Belle Salle Kudan hall, very near the Imperial Palace grounds in Tokyo. Mr. Frank Cousineau (CCS President) and Mr. Aki Moriyama (CCS-Japan President) had organized the speakers, the volunteers, the exhibit hall and audio-visual equipment so smoothly that they completely melted into the background. Everyone knows how prominent these can be if anything goes wrong!

Even my interpreter, Ms. Roxana

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Polly Emery—How I'm recovering from

Stage III Metastasized Ovarian Cancer

by Pamela Emery, Australia

It was July 2006. *"My, you're looking nice and slim Pam."* Not one but several people said it. How nice they had noticed, I thought. I had just had my fiftieth birthday in January 2006. For the occasion, I had run away with my husband, to a place called "The Secret Garden", to avoid being confronted with the harsh reality of turning the big "five-oh" on the grand scale, so often expected at such a milestone.

But by July 2006, I knew something was wrong. For one thing, one part of me was resisting all attempts to mould it to match the rest. While regular exercise tightened my thighs and hips nicely into shape, hence all the compliments, my abdomen remained taut, in fact it felt taut as a drum, and quite rounded. And then I began to realize just how deeply tired I felt. There were times I would suddenly feel felled, as if I might actually topple like a tree, and my appetite waned seriously. Then one night, a random kind of pain over my abdomen woke me. The next time it occurred though, about a week later, it didn't just wake me as I rolled on to my side but 'slammed' into me with such ferocity, I groaned loudly. Only then did I admit to myself a visit to the doctor was in order.

I was surprised to get the first appointment of the very next day, July 11, when I called my doctor's office the night before.

Once there, I rattled off my list of symptoms to Dr. Thomas as she examined me, thinking all the while about my mother. She had died not long before my seventeenth birthday, when she was 52, of ovarian cancer. Dr. Thomas said "There's something there", and without much further ado, sent me for a blood test and an ultrasound with a CAT scan scheduled for the next day.

I remember going through that day in a fog. I remember her saying "I'll call you later when I know the results of the ultrasound so you can stop worrying." Later that day, she delivered the findings of all the tests. "It is ovarian cancer", she said. And she added that my liver was almost certainly involved and shortly after that that her advice was that we should go and do all the things we had always wanted to do, because by the time of diagnosis, it was already "too late." My husband asked "Are you telling us to get our affairs in order?" "Yes," she said.

One of my first thoughts was "And how, pray tell, does one 'have fun', while waiting for the axe to fall?" We left her office in deep shock. The blood test CA-125 had revealed a count of over 600 and the ultrasound had shown bilateral ovarian tumors. There followed the CAT scan. Over the next few days, we watched our feet walk us to where we were instructed to go and kept saying to

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Japan trip ...

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Sonada, an old friend who had translated so well for us at two previous conventions, performed admirably, right through improvisations and expansions from the intended address.

Our lecture was very well received by the assemblage, many of whom were looking for real answers to their life-threatening disease. After the lecture, at least one woman came up to us in tears, grateful for giving her hope for life. Our booth in the exhibit hall was rapidly cleared out of material, but mostly material that was printed in Japanese! Our wonderful friend and supporter in Tokyo, Ms. Kyoko Ujiie, had brought boxes of Charlotte's first book, *The Gerson Therapy*, that she had translated to Japanese some years ago, and her own Gerson Therapy cookbook, both of which sold out in a flash. (Incidentally, shortly before the convention, Ms. Ujiie became Mrs. Abe. Congratulations, Kyoko!)

Right after the lecture, Dr. Takaho Watayo came up to the podium and asked Mr. Moriyama if he could speak for a few minutes. He then proceeded to endorse everything that we had just spoken of, "from the standpoint of a medical doctor." That had a powerful positive effect.

The next day, Dr. Watayo took us to a meeting of the newly-formed Gerson Association, founded by Mrs. Imamura and her sister. Mrs. Imamura is the widow of

Mr. Imamura, translator of Dr. Gerson's book *A Cancer Therapy*, into Japanese, died several years ago, ironically of lung cancer from heavy smoking. We spoke briefly to about 80 people, from a podium where both Prof. Watayo and Prof. Yoshihiko Hoshino were seated. Both look wonderful.

The two professors have built a 200-bed facility near Tokyo at which they intend to treat "chronic diseases" using the Gerson Therapy. At the moment, it is a somewhat reduced version of the Therapy, but we are working on them to upgrade their practice.

After a lovely visit to Hakone Spa, we arranged to meet some old friends. Miyako Sakamoto was my sister's au pair when they lived in London, and for a time in Northern Italy, before she returned to Tokyo. She is a fine painter of abstract and very colorful canvases, and teaches art in Tokyo. She was kind enough to show us around the famous Ginza district of Tokyo, a jumping area even late at night.

We then met with Takaaki Akagi, a young man who 15 years ago spent quite a bit of time following Charlotte around with a videocamera, documenting her meetings with patients, her lectures at the clinic, her seminars and patient testimonials. He even videotaped one of our own Power Nutrition seminars. It occurred to me that this collection of videotapes would be a goldmine of information to study for practitioners and Gerson scholars, and suggested that he make them available. He is also interested in doing some Gerson-oriented business in Tokyo, something which I hope comes to pass.

It should be clear from the above that there is considerable Gerson-oriented activity going on in Japan, and that the possibilities for widespread acceptance are increasing every time we go over there. To which we can only say, "Hurray!"

—Ed 

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Metastasized ovarian cancer ...

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each other "I can't believe it." My younger brother, with whom I'm very close, took leave from his mining job to spend the next two weeks with us.

But my husband is not one to sit on his hands! Over the following days, he spoke to at least two people from his client list, and one man in particular, who knew about The Gerson Therapy. He asked the man "What would you do if it was your wife?" He answered, "Mate, I would send her straight to Mexico!"

We went to see another doctor, Dr. Ivy Bullen, who specializes in cancer diagnoses and runs a Support Group which has weekend events at a country retreat called Balya. She was understanding and suggested I use a visualization technique to counteract the effect of being told my liver was involved. My

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GERSON® HEALING NEWSLETTER

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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>

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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.

Metastasized ovarian cancer ...

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husband asked her what her opinion of the Gerson Therapy was and she strongly advised against coffee enemas, saying she had a patient who once presented in her surgery in a very bad way necessitating an ambulance ride to hospital—because she was doing them. Since I have learned perhaps she was not juicing as well?

My diagnosis was of advanced bi-lateral ovarian cancer. It had seeded my peritoneum, involved a large part of my omentum [inner cover of the intestines] and so on. It may sound strange to the kind of people who want “all the facts, tell me the worst,” that I didn’t want to be told the exact name or stage of my condition, especially since the original doctor had made such dire predictions about the state of my liver.

I told the surgeon I didn’t want chemotherapy. He advised me otherwise of course. I had a full hysterectomy July 18, 2006. After ten days in hospital post operatively, I went home. My husband had by then bought me a juicer, *The Gerson Miracle DVD* and Charlotte’s booklet *Healing Ovarian & Female Organ Cancers the Gerson Way*, as well as various other things. There was a wad of info he had collected for me. I put that little DVD into the machine and you might say that it was as I watched it that the saving of my life took its first tottering steps! I was riveted to Charlotte’s face and her words and then to the image of the young woman who had recovered from ovarian cancer some 12 years before! Charlotte’s little *Ovarian & Female Organ Cancer* booklet reinforced it all! Here was all we had longed for: HOPE!

An oncologist told me that with chemo, I would have three to five years with my family. Some years previously we had a friend who had been diagnosed at roughly the same stage, who had said she would have to put all her faith in the doctors. She died after three years, 18 months of which her husband said was “hell.” THAT clinched it once and for all!

I was accepted at BNC and exactly one month following my surgery, I headed for Mexico with my dear friend Susan Trott, who volunteered to be my companion. I didn’t even have to ask! Susan and her mother June had watched the Gerson Miracle again with me, after which, both looked at me and said “Pol, if that is what you’re thinking about, WHAT ARE YOU WAITING FOR?”

We arrived at BNC one month to the date of my surgery, on August 18, 2006. We were immediately at ease in our surroundings. I was examined by Dr. Cervantes, whose manner was gentle and reassuring. BNC could not have felt *Jess* like a hospital! It felt more like a sanctuary, to echo Dr. Cervantes description of it.

On my first Wednesday in Mexico, I recognized the tall, dignified-looking woman walking through the gate as Charlotte from the DVD I had watched. I was suddenly star-struck!

I bought every *Newsletter* the Gerson Institute has ever published and several books, one of which was written by Beata Bishop. I love it! I have two copies, to hand around.

I was at BNC for one month and in the third week, I had my first, much anticipated flare-up all of us were longing for! Before my epic journey returning home, I had an ultrasound that clearly showed the cancer which had been left under my diaphragm. Once upon a time, I was an ultrasound technician so could recognize the bright mass quickly.

Beginning the therapy at home seemed at first, a daunting ‘assignment’. But like everything, once the routine was established, and importantly, kitchen help found, and the kitchen set up Gerson style, we fell into the rhythm. At one point I emailed Charlotte to moan that I was worried not to have had any more temperatures since coming home. But I did “*feel a bit nauseated from time to time.*” Her reply was swift and concise. “*Whatever makes you think you have to have all the symptoms at once? You might never have another temperature but you will still HEAL!*” I suddenly realized I had forgotten the nature a flare-up might take. My nausea WAS ‘flaring’!

And then at about four months, I began to really flare! FOR ABOUT THREE MONTHS! Some days I only left my bed to go downstairs for my “coffee breaks”. Even that was a struggle! I had nausea, vomiting, extreme tiredness, weakness, teary moments, and felt generally awful. At one point, after about four months on the therapy, my diaphragm felt ‘tight’, especially when I breathed in deeply. I knew what that was! Cancer had been left under my diaphragm which the doctor had said chemotherapy would “clean up”. “Yes,” we thought, “shortly before it cleans ME up!” But that week, and I can tell you because this is a

Gerson Healing Newsletter, something unexpected happened! I experienced sudden episodes of burning diarrhea. *Between* enemas! I mean between *most* enemas and for about a week! It was more severe than the effect of the hottest curry I’ve ever eaten! And when it stopped, so did the tightness under my diaphragm! THAT was exciting!

I lost a lot of weight initially and became a bit scary to look at. But seven or eight months into therapy, I had regained it. My color and general appearance belied how terrible I sometimes felt while still in that big healing crisis phase. Visitors were always very surprised by just how well I looked.

During my recovery, I asked my dentist to extract a tooth that had a root canal treatment. He refused. He even became offended when I told him I would be following Gerson guidelines no matter what. “I’ve been a dentist for twenty years . . .” he said somewhat indignantly. I explained the reasoning behind my request and he suggested that while Gerson knew about treating cancer, ‘their’ knowledge of dentistry was questionable. So I found another dentist. He DID extract the tooth for me, and sure enough, there was an abscess in the bone beneath! Just as Charlotte said there would almost certainly be!

A disturbing part of this story is that I went back to the radiology clinic where I had the CAT scan and the ultrasound done in July 2006 to have a mouth x-ray taken. *There was no record of me ever having been there!* The receptionist was clearly baffled as to what had happened to my records! I hope there is a plausible explanation for this.

Now, I have seven weeks of intensive Gerson to go! By the time you are reading this I will have passed the milestone of two years! I have not had another scan to date, preferring not to pollute my newly purified body with the horrible solution I will be required to guzzle for the test, anymore than I absolutely have to. I will have one but have yet to decide where because of lack of trust due to my ‘disappearance’ from records at the radiology clinic where my diagnosis was confirmed by CAT scan and ultrasound.

The oncologist I saw way back in August 2006, Dr. Powell, told me if I didn’t have chemo, I would find myself in the same position I was immediately post op, having surgery, within a few months from that time. A few months means, say, three to five to me.

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Metastasized ovarian cancer ...

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He seemed anxious for me to submit my needle-shy collapsing prone veins very soon. (I didn't.) That was 22 months ago. I have NOT had any further ascites since, and incidentally, a kinesiologist friend even reduced the contour of my swollen belly the NIGHT of my diagnosis—when my doctor told me that and the pain in my shoulder would not go 'til I was operated on. The pain left AND my belly reduced that night.

A few months into therapy, I spoke to Evelyn Clegg in Surrey, now fully recovered for some 13 years, from advanced ovarian cancer. Her story appeared in the *Newsletter* the same month I was in Mexico. How wonderful it was to speak with her and how truly generous and lovely she was about my terribly timed international phone call!

One thing I have to say, is that I have NEVER enjoyed my food so much! In fact during these two years, the only food I have actually *craved*—is potatoes and tomatoes! Oh I sniff other people's food, and sometimes I quite fancy some of it, but I never crave it! I cannot ever imagine going a day without the good old spud now. And I am amazed by how different the soup can taste just with a varying source of supply etc. I have eaten in some fabulous restaurants all over the place, but the simpler my food now the more I enjoy it!

Not long ago, I had to find another doctor to write my blood forms. I went to see Dr. Arianne Cullen whom I have known for years, in another capacity. I was thrilled when she said "What are you doing so I can tell other people?" I know Dr. Cullen has

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been interested in organic food for a long time. She also told me that when she takes a shower, it is never for very long or very hot because of the hazards of fluoride and in her opinion, chlorine is even worse! And she too is annoyed by how some stores wrap the organic produce so tightly in plastic! I took along some of my Gerson books and her response to seeing them was "Can I read one?" Gladly I handed over [Howard Straus' biography] *Dr. Max Gerson: Healing the Hopeless!*

I have read Dr. Bruce Lipton's *Biology of Belief* and even met him when he "miraculously" turned up in my town about five days after I finished reading! I was lucky enough to speak with him personally and he said to me, "You don't have to be a victim; don't do allopathic medicine," just before I had told him I was emerging from my Gerson cocoon for the evening to hear him speak. I find his approach very congruent with Gerson.

I have come so far. Some six months ago, I would coach myself through the day when I had no help, "Now make the juice Polly. Good girl, now make the bed Polly." (my nickname since childhood) "make the coffee now Pol." If I didn't do that, setting myself tasks one at a time, I would have looked around me in despair and tried to do everything at once. My nervous system was 'raw' for a long time. Now, into the single digit timeframe I am celebrating newfound stamina. It's not only my physical self that has undergone enormous healing but my emotional and spiritual selves too. You can't go through a process such as this without healing on many levels.

I am so grateful to the great Dr. Max Gerson, to his also great and selfless daughter Charlotte, the sight of whose face always moves me to a tsunami-proportioned wave of gratitude, to Dr. Cervantes, whose manner put me at ease immediately, to Dr. Melendez for holding my hand that day almost two years ago and saying "Cry, it is just your nervous system detoxing." Also to Dr. Sanchez and to the sweet and lovely staff at BNC. I also want to mention Barbara Conde, who was my first point of contact. I can't wait to see you all when I come back, healed and happy! This time without the aid of a wheelchair! God Bless all!

—Pamela Emery, Australia

Pamela ("Polly") invites email contacts at pollyem888@hotmail.com

Oops! Please Excuse Us!

Mailing Errors Caught

by Blanca Ayala, Client Services

To Our Members:

Thanks to some of our alert members, including long-time member Brad Mavis, we were alerted to some printing errors regarding the last two issues of the *Gerson Healing Newsletter*. Some issues had an incorrect member number, an incorrect expiration date or duplication.

We immediately called our computer programmer and the company that does our newsletter mailing and we are happy to report that they identified the problem within 18 hours and made the proper corrections.

If you noticed any discrepancy, please be assured that we are making every effort to ensure the next newsletter issue will be in order.

We truly apologize for any inconvenience caused and thank you again for your kind assistance and patience.

Changing topic, we would like to share with you the determination many people have in getting well despite numerous challenges and limited funds. We are often asked if we know of anyone who no longer needs their Gerson supplements and who would like to donate them, instead of discarding them.

If this is the case and you would like to help, please send any un-opened products that have not expired, to the attention of Carol Beard at the Gerson Institute. These will be donated accordingly to people that are unable to buy them.



(Your Letters... continued from page 5)

my life will be extended many more happy and healthy years. Discovering the Gerson Therapy is like winning 10 million dollars. Because how can one put a price on health and longevity? Such a thing is priceless. I have never been terminally ill, but I discovered the Gerson Therapy upon many hours of online research since my mother had fallen ill with liver cancer. The information I have found has been beneficial to my mom, my friends, my roommates and me. I am so much healthier and more energetic now. My blood pressure returned to optimal levels; it is the best it has ever been. My depression, chronic fatigue, snoring, and restless leg syndrome have gone and never come back. I am no longer overweight; my BMI has returned to normal. My memory is much clearer and improved. I used to wake up with cotton mouth and now

that is gone. I had a bad rash for a long time and now that is gone, too. I never feel angry, depressed, or worn out despite the fact that I have been working the most frustrating job as a Las Vegas cab driver; pushing 12 hour shifts, five or six days a week these past three years. Gerson has surely changed my life for the better, and I am forever thankful for everything you are doing for us all. You are a modern day saint.

Hope everything is fine and well with you. Be well and take care. The Gerson Therapy has completely changed my life. I only wish that more people would be made aware of this Therapy. I am forever grateful for you and your work.

Sincerely,
Matthew Villamor



Review of *Cancer Healing Odyssey* by Sarto Schickel

by Margaret Straus

The memory of an extraordinary recovery from terminal cancer is vivid in a family touched by such a wonder. This was true for Sarto Schickel. His uncle, William Schickel, is case #18 in Dr. Max Gerson's *A Cancer Therapy - Results of Fifty Cases*. "Uncle Bill," 32, a father of three suffering from advanced retroperitoneal lymphosarcoma, met Dr. Gerson in 1952. Helped by his wife Mary, Bill used the Gerson Therapy, and lived until 2009, passing just before his 90th birthday! By then, Bill's family had expanded to eleven children and many grandchildren. Stephen Kroschel interviewed Bill in the 2006 documentary about the Gerson Therapy, *Dying to Have Known*.

Cancer Healing Odyssey tells the story of Sarto Schickel's Korean wife, Sun Hee. The couple lives in Philadelphia with their two daughters. Suddenly, in 2007, their lives felt shattered when Sun Hee was diagnosed with stage IV ovarian cancer with malignant pleural effusion. This condition is fatal within a year in 80% of the women who are stricken. According to Sarto's research, conventional medicine has not yet cured one case of ovarian cancer with malignant pleural effusion.

But the memory of Uncle Bill gave the family the knowledge that there are other treatment options. After discussing which course to take, Sun Hee decided on an integrative approach. Surgery was planned for several weeks after diagnosis. In the period preceding surgery, she used a modified Gerson program. It was necessary to tap the lung to improve her breathing and the level of fluid was reduced by 2 inches. But then, after only 10 days on the Gerson program, the level dropped a further 1.375 inches without any additional treatment. After surgery, the fluid increased again in the right lung and also appeared in the left. Eventually, after a return to nutritional therapy, the pleural effusion disappeared completely and did not re-accumulate.



CANCER HEALING ODYSSEY

MY WIFE'S REMARKABLE JOURNEY WITH LOVE, MEDICINE AND NATURAL THERAPIES

SARTO SCHICKEL

Sun Hee, influenced by her regard for conventional oncologists, also received seven treatments of chemotherapy. These treatments weakened her and caused numerous side effects. She was particularly shocked when the oncologist told her that "they would keep giving chemotherapy until the body could no longer take it." (p. 98). She then decided to continue only with diet, detoxification, and mind and spirit healing. She and her husband were impressed with aspects of Macrobiotics and integrated items from that program with the Gerson Therapy. Because of her Eastern upbringing, Sun Hee did not want to forego miso and brown rice, and chose to break with the strict dietary rules on the Gerson Therapy to include these items. However, she thoroughly followed the regimen learned at the

Mexican Gerson clinic, and refused to leave her home in order to ensure adherence to the program.

This interesting and complex story gives a lot of attention to the integrative approach, but one may wonder whether the Gerson Therapy combined with surgery, without the chemotherapy, might have been sufficient for Sun Hee to heal. However, the decision was hers, and she recovered. Her husband's staunch respect for his intelligent and cultivated wife shines through every page.

Sun Hee has passed the five-year survival mark. She is well and present for her family. As Sarto says, "Perhaps it is her Asian work ethic or her classical music training, but she realizes that something great can only be built up from *correct daily practice*. In this case, it is her daily practice of the Gerson Therapy."

Cancer Healing Odyssey by Sarto Schickel is available in the Gerson Institute's store at www.gerson.org/store.



My Trajectory: from Ovarian Cancer to a Successful, Healthy Future

by Ann Nguyen

Conquering a serious disease like cancer is like conquering space. I know. I worked in the space industry for many years and saw some of the most important and challenging space shuttle missions in history. It is not difficult to see that the most challenging part of any space shuttle mission is the launch. Its success depends on so many factors, such as the tremendous amount of planning, coordination and mobilization of human expertise and resources, not to mention the sheer power and energy required to overcome the inertia of earth's gravity at lift-off. At launch, many things can go wrong that could bring disaster to the entire mission.

This is why I would not hesitate in recommending to anyone with a serious illness like cancer to go to the Gerson clinic in Mexico (CNV). I am certain that attending CNV would give patients the power and trajectory for a proper lift-off. My positive experience at CNV has revitalized my spirit and galvanized my long-term commitment and confidence in staying on the Gerson Therapy to heal cancer.



I was diagnosed with ovarian cancer and had to undergo surgery. I could not eat for about a month and lost a tremendous amount of weight. When I was admitted to the clinic, I weighed 85 pounds and my CA 125 (cancer antigen 125, a biomarker for ovarian cancer) was in the 300's.

After three months on the Gerson Therapy, I regained my normal weight of 100 pounds with a CA 125 of 6 (normal values range from 0 - 35). All blood test indicators have now reached the optimal level.

I cherished my experiences at the CNV clinic. I made new friends, who now provide an invaluable, strong support network. The physicians and nursing staff are professional, highly knowledgeable and genuinely care about healing, rather than just prescribing treatment. Dr. Carlos is approachable and has an amazing ability to make complicated matters easier to grasp and comprehend. Most notably, I had the opportunity to work with Dr. Pedro. Nowhere else have I learned so much about the wisdom of letting go of old, unhelpful knowledge and understanding in order to embrace new wisdom regarding not just healing, but living. As a passionate doctor with a compassionate cause, Dr. Pedro presented me with the most meaningful and beautiful spiritual path for transforming my life. He helped me visualize using the vivid symbol of the life of a beautiful butterfly. Until today, and certainly for many years into the future, this vision will remain with me. I



Ann Nguyen

regard this as the single most important frame of mind that helped me continue on towards a consistent and successful Gerson cancer treatment.

I am honored to write this testimonial as a thank you to everyone at the Gerson clinic for their professionalism and compassion. Starting with pre-admission, our first contact was with Barbara Conde at the Gerson Institute in San Diego. She provided invaluable

guidance and support to help alleviate all our unnecessary anxieties, thus making the admission process as smooth as possible. Once I arrived at CNV, the administrative staff made sure that the needs of patients were met during their stay -- and even after their discharge. Finally, saving the best for last, a warm and heart-felt special recognition for the kitchen staff, whose jobs are so difficult but who tirelessly strive to care for all the patients by providing excellent meals and, yes, juice...juice...juice.

"I would not hesitate in recommending to anyone with a serious illness like cancer to go to the Gerson clinic in Mexico."

Once again, thank you for giving me the power to overcome the inertia of past habits and to create paradigms for a successful launch towards a more sensible and healthy future, embracing the essence of compassion and health awareness. Thank you for defining the best trajectory for me to conquer my illness.

Editor's Note: The Gerson Institute does not own or operate the clinic in Mexico, which is a separate entity. We are an independent non-profit organization dedicated to education and training, not a treatment center. However, the Gerson staff act as liaisons between the clinic and the patients and facilitate the process of applying to the clinic.

2024: The licensed Gerson clinic is now Health Institute de Tijuana